



Canadian Mental  
Health Association  
Halton Region Branch  
*Mental health for all*

# BOXING FOR HEALTH



**Learn basic techniques  
for health and fitness:  
footwork, combinations**

**Drop-in**—no registration required

**No experience necessary!**

Gloves will be provided.  
Please wear running shoes.

**FREE!**

All staff and clients of mental health/  
addiction agencies are welcome

**EVERY WEDNESDAY  
IN BURLINGTON**

2 to 3:30 pm  
at K1 Kickboxing Academy,  
4129 Harvester Road, Unit E

**EVERY THURSDAY  
IN OAKVILLE**

2 to 3:30 pm  
at Primetime Boxing and  
Personal Fitness,  
595 Speers Road (Speers  
Road and 4th Line)

For info, e-mail [dkilgannon@cmhahrb.ca](mailto:dkilgannon@cmhahrb.ca)  
or call 1-877-693-4270.

