



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

BOXING FOR HEALTH

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

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 MONDAY 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
or call 1-877-693-4270.

