



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!**

**Everyone is welcome to attend**

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



**MONDAYS in  
BURLINGTON**

2pm to 3:30pm

K1 Kickboxing Academy

4129 Harvester Road, Unit E

**THURSDAYS in  
OAKVILLE**

2pm to 3:30pm

Primetime

595 Speers Road

