



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 clean running
shoes.

FREE!

For info - dkilgannon@cmhahrb.ca
or call 1-877-693-4270.



MONDAYS in BURLINGTON

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

THURSDAYS in OAKVILLE

Primetime Boxing
2pm to 3:30pm
595 Speers Road

FRIDAYS in BURLINGTON

Joseph Brant Hospital
Community Health Centre
1pm to 3pm
1182 North Shore Boulevard E.
Unit B11

NO classes on STAT holidays
