

BOOST

BOXING



A new weekly non-contact boxing and wellbeing session for men

**Starting on Tuesday 11th February, 7.30-8.30pm
Marple Senior Citizens Centre, Memorial Park, SK6 6BA**

**A 12-week programme supporting mental health and wellbeing.
Classes are free. No experience needed, beginners welcomed.**

Get in touch for more information and to register:

email: BOOST@the-thread.uk text/WhatsApp: 07808 773264
visit: www.boostgm.com

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