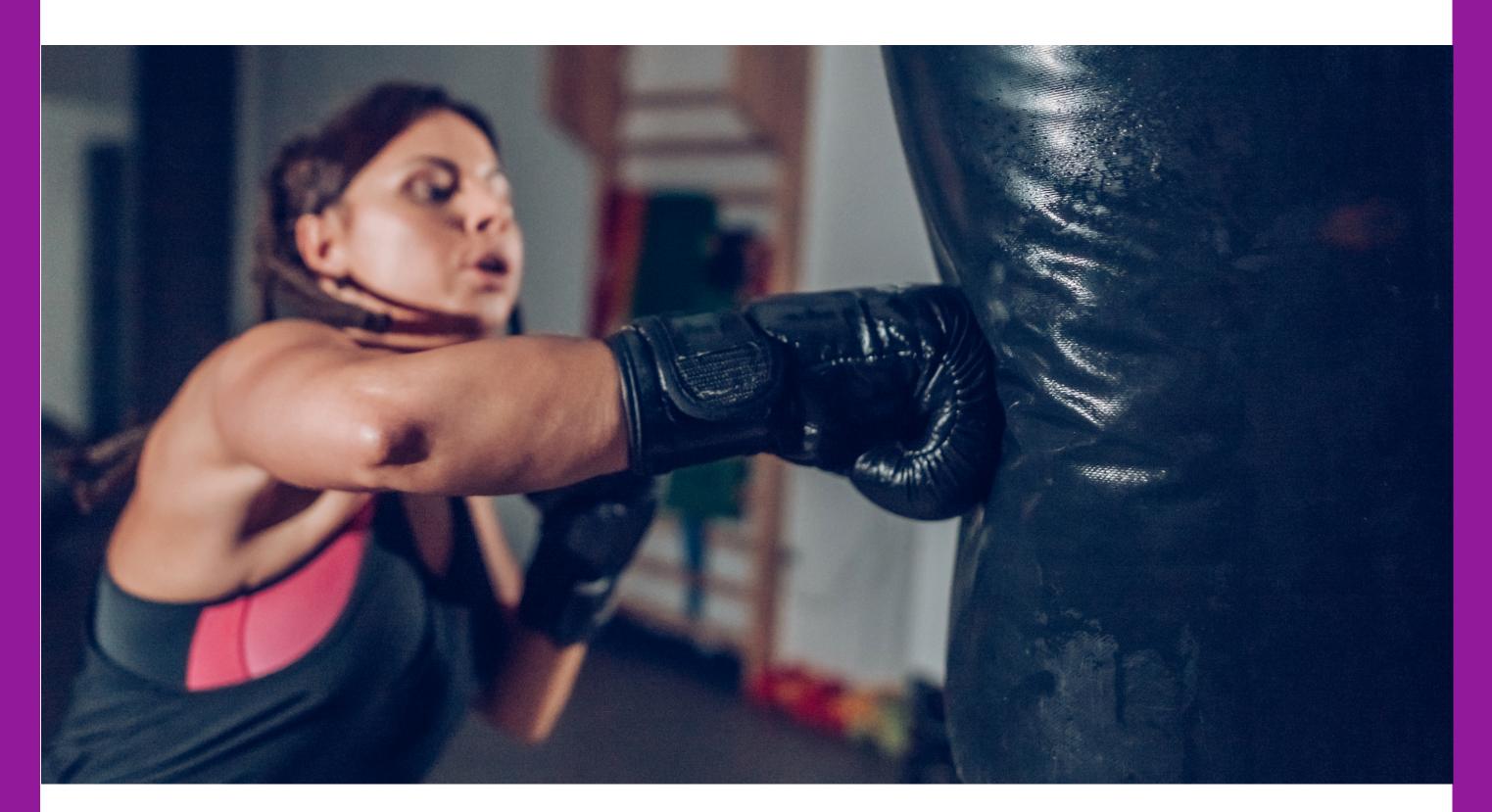
## BOOST WOMENS BOXING



## Non-contact boxing classes for the Mind, Body and Soul

A 12 week wellbeing workout to help improve your mental health and wellbeing

Learn new skills, improve your mood, build self-confidence and have a lot of fun along the way!

No boxing experience needed - give it a go!

Starts Tuesday, 4th February, 7pm - Brinnington Park Life Leisure

For more information and to register, contact:

e: boost@the-thread.uk

m: 07808 773264

w: www.boostgm.com

Supported by

