

Wickham Community Centre Starting Monday 23/09/24 4.30pm- 5.30pm

FUNDED BY Sport England and KFC Foundation



# BOXED



## BOXERCISE CLASSES ON THE SOUTH COAST

BoXed is a dynamic group created by young people, for young people. Partnering with a local boxing club, we offer a fast-paced mix of exercise, skill-building, and wellbeing advice.

Ages

**13-18**

8 Week Workshop

**FREE**

## AIMS OF THIS GROUP

- Improving fitness to have a positive impact on daily lifestyle
- Strengthen mentally & physically
- Boost confidence and self esteem
- Build empathy & teamworking
- Promote resilience
- Exploring self-regulation
- Recognising feelings and the effects on the body physically and mentally
- Promoting meaningful decision making & reflection
- Identify positive outlets for feelings
- Understanding the impact of physical activity on your mental health



## WHAT'S RUNNING NEAR YOU?

Get in contact to find out what is running near you

For more info please visit our site  
[www.eiefservices.co.uk](http://www.eiefservices.co.uk)

EDUCATING  
INDIVIDUALS  
EMPOWERING  
FAMILIES

Or contact us directly  
[kim@eiefservices.co.uk](mailto:kim@eiefservices.co.uk)