

# Boxing and Fitness

## Details

### Description

Suitable for 11-19 year olds. The aim of this project is to empower at-risk youth in the local area to learn the arts of discipline and self-improvement using boxing as the tool, as well as to raise levels of self-esteem and increase personal confidence and self-belief, promoting social and physical wellbeing. For more information please contact Fayrus Suleman.

### Date

15 August 2019

### Start Time

18:00

### End Time

20:00

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## Venue Information

### Address 1

Collingwood Youth Centre

### Address 2

Collingwood Street

### Town

London

### Postcode

E1 5RT

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