

# Wellbeing Wednesday

## Beginner's friendly boxing-fitness session (non contact) for people affected by Parkinson's.

5 week course to build confidence and learn new skills. A great all-round workout to get those endorphins flowing and help support both your mental and physical wellbeing!

For age 18+. No equipment required and all abilities are welcome.

### ***Times and dates***

|                                  |                 |
|----------------------------------|-----------------|
| Wednesday 29 <sup>th</sup> March | 11am to 12.30pm |
| Wednesday 5 <sup>th</sup> April  | 11am to 12.30pm |
| Wednesday 12 <sup>th</sup> April | 11am to 12.30pm |
| Wednesday 19 <sup>th</sup> April | 11am to 12.30pm |
| Wednesday 26 <sup>th</sup> April | 11am to 12.30pm |

All sessions are free:

To register please contact:

- James Rice     [club@boxingchapel.co.uk](mailto:club@boxingchapel.co.uk)  
Emma Hughes   [elhughes@parkinsons.org.uk](mailto:elhughes@parkinsons.org.uk)  
Dan Shelston   [dan.shelston@cesap.org.uk](mailto:dan.shelston@cesap.org.uk)  
Sarah Jacklin   [sarah.Jacklin@cheshireeast.gov.uk](mailto:sarah.Jacklin@cheshireeast.gov.uk)



**HOLMES  
CHAPEL**  
BOXING CLUB

**PARKINSON'S<sup>UK</sup>**

Holmes Chapel Boxing Club  
Unit 10, Station Yard  
Station Road  
Holmes Chapel  
CW4 8AA

Free Parking Available

