



**BOXING FITNESS**  
*for*  
**ADULTS in Islington *with or at risk of***  
**TYPE 2 Diabetes**

*Cripplegate  
Foundation*

Saturday 13<sup>th</sup> January 2024  
To  
Saturday 30<sup>th</sup> March 2024

JOIN Us  
Every Saturday morning  
10:30 to 11:30  
At  
Claremont Project  
24-27 White Lion Street  
Islington  
London N1 9PD  
Email: [support@c4cwb.org.uk](mailto:support@c4cwb.org.uk)



Register on EventBrite