



# Non-contact Boxing Training For Amputees

## MANFIT

*Manchester Amputee  
Fitness Initiative*

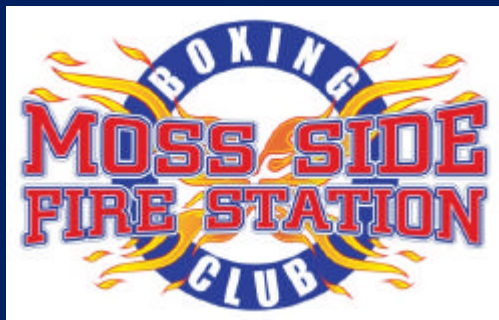
**FREE group sessions**  
*funded by GMF*  
take place weekly at

Moss Side  
Fire Station,  
Denhill Road,  
Moss Side,  
Manchester  
M15 5NR.



**Moss Side Fire Station** is running  
exclusive non-contact boxing  
training sessions (for men and  
women)

If you want a really good work-  
out and feel really challenged  
why not *Give it a go!*



To find out more please contact:  
**01457 854604 / 07776 181180**

email: [info@manfit.org](mailto:info@manfit.org)

web: [www.manfit.org](http://www.manfit.org)  
or ask your

Physio or occupational therapist,  
prosthetist, consultant or at the  
DSC reception

If you don't fancy Boxing  
**FREE swimming sessions**  
take place weekly at  
**Manchester Aquatics Centre**  
and

**FREE gym sessions** take place  
weekly at **The Manchester  
College's** brand new  
highly sophisticated and  
well-equipped fitness suite  
(light lunch included).



*Funding supported by  
Manchester  
Joint Health Unit*