

Boxing Strong

Danny Mitchell

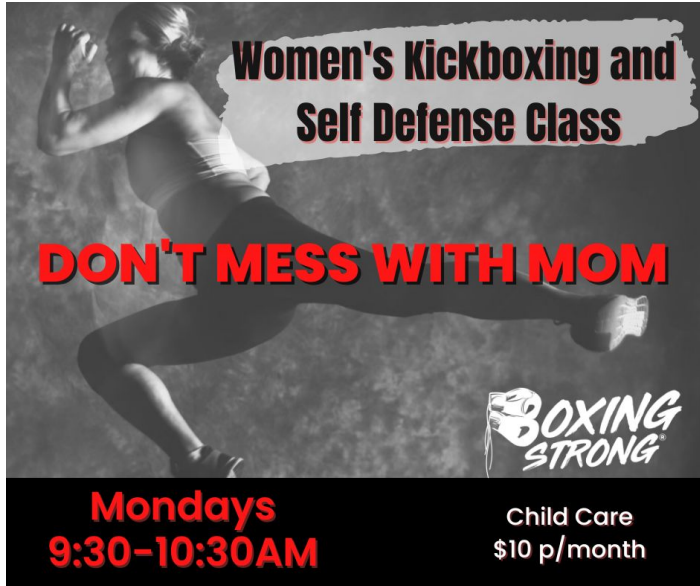


Founder of Boxing Strong

- Founded by Masha Cavazos in 2018
- 2015 NCBA(National Collegiate Boxing Association)Silver Medalist
- 2017 NCBA West Coast Champion
- USA Boxing-Certified Coach
- Certified Personal Trainer
- Rock Steady Boxing Certified Coach.



Services offered by Boxing Strong



**Women's Kickboxing and
Self Defense Class**

DON'T MESS WITH MOM

BOXING STRONG

**Mondays
9:30-10:30AM**

Child Care
\$10 p/month

BOXING STRONG THERAPY*

Non-contact
Boxing Classes
for Kids with ASD

LAUNCHING 9/9/21
THURSDAYS 5-5.45PM
4 CLASSES: \$90

Build Confidence
Social Skills
Muscle Balance
Reduce Anxiety
Coping Mechanisms
Team Building
Behavior Management
Improve motivation
Stress Management

Registration: www.boxingstrong.com
Information: info@boxingstrong.com



Monterey County's Health Magazine

DECEMBER 2022

HEALTH MATTERS

A PUBLICATION OF THE
MONTEREY HERALD

Senior HEALTH

Throwing a Punch at Parkinson's
Light Treatment for Dry Eye
OTC Hearing Aids: Pros and Cons
Making the Most of Exercise
Scams to Watch Out For
& Much, Much More...

What community issues does Boxing Strong address?

- Mental Health
- Incorporating exercise in daily routine
- Self-defense
- Social bonds



WORLD TEEN MENTAL WELLNESS DAY

Free Boxing Class for teens ages 12-14
March 2, Thursday, 5-6PM

Join us to support Teen Mental Wellness Day on March 2nd, from 5-6PM. Youth ages 12-14 are encouraged to take on this challenging yet mentally and physically rewarding boxing class. Our goal is to help teens find their voice, confidence and capabilities to build a strong foundation for the future successes through imploring their authentic self.

2700 Garden Road., Monterey | 831-200-3392 | info@boxingstrong.com

BOXING STRONG

My Role/ Duties at Boxing Strong

- Community outreach projects/events
- Grant writing
- Meta analysis
- Managing website analytics



Thank you