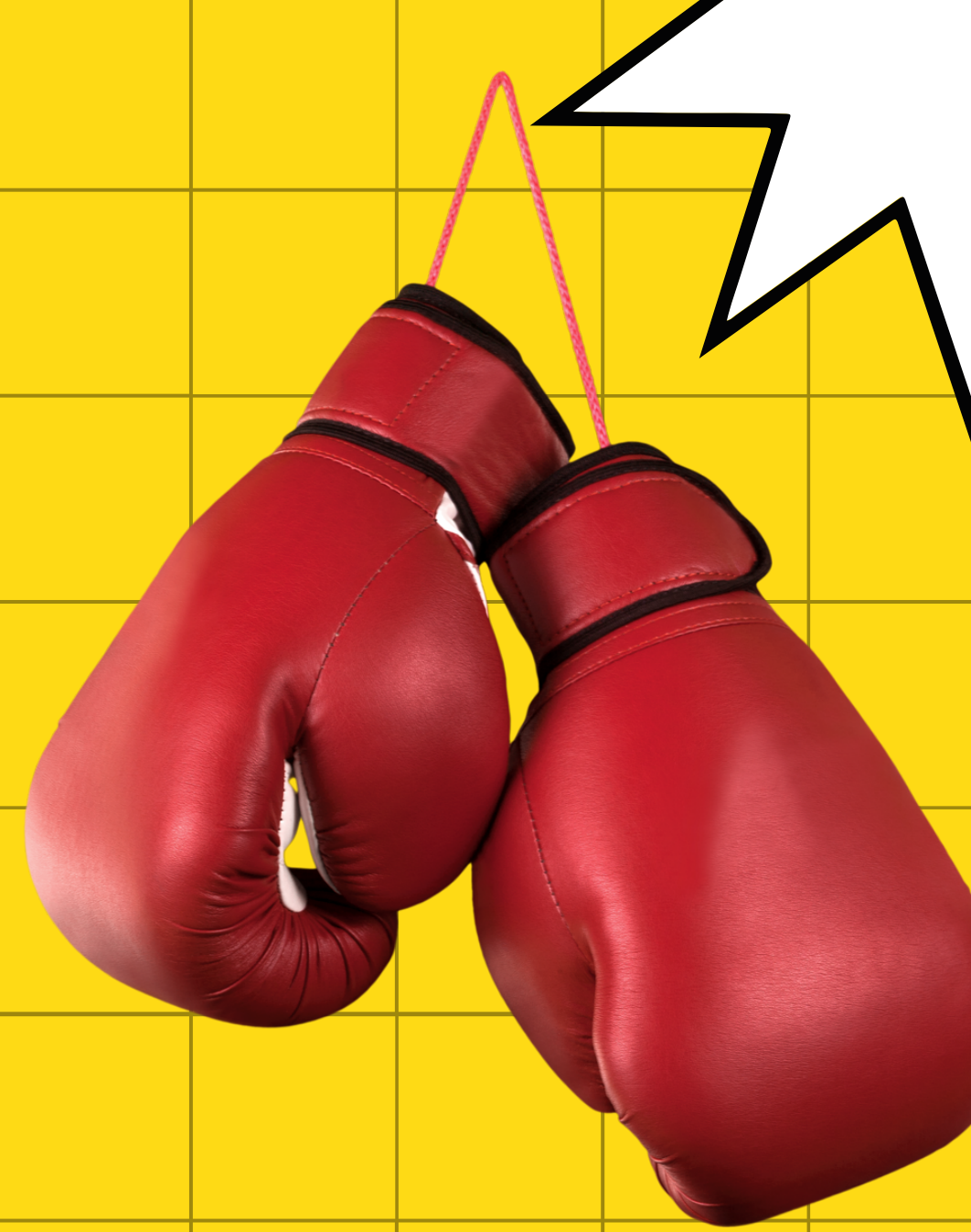


BOXING

CLEVER



20 WEEK COURSE QQI ACCREDITED, HOSTED BY THE CE PROGRAMME OF THE REDDOOR PROJECT IN STARTING THE 10TH OF MARCH .

Boxing Clever is a twenty week integrated educational, substance use recovery and fitness programme that aims to support participants to develop more resilient identities, while encouraging educational achievement, physical wellness and reduction in harmful or risky behaviours. Elements of the programme include :

- Educational study for two QQI minor awards in Health-Related Fitness (Level 4) and Community Addiction Studies (Level 5)
- Physical training; boxing skills and tailored fitness training.

Interviews will be held on the 23rd of February 2023. If you are interested please get in touch by email to Evelyn@lcdat.ie or 041-9804957 for an expression of interest.