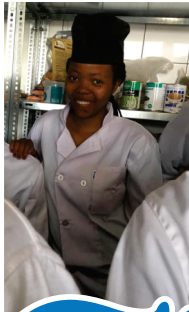




A thriving community program in the heart of Johannesburg. Intertwining local knowledge and wisdom with world class experience and expertise



Themes is Fight With Insight's Pop Up Gourmet Experience - offering catering for events



# We invite you to our world of

## #Fitness for all

From box-aerobix to yoga; bootcamp to HIIT Squad; beginner to Pro Boxer. Programs for all ages and levels of fitness

## #Friends

Join our Tribe based on the principles of belonging, mastery, independence and generosity

## #Food

Fight With Insight has invested in a catering grade Kitchen understanding the importance of good nutrition to promote healthy lives. Cooking classes are held weekly and participants are taught to make Super Goods that promote good health and taste delicious

## #Feelings

Mindful not Mind FULL - psycho social support services, life skills and mental health interventions ensuring not only healthy bodies but healthy minds too

## #Future

Employment readiness; educational support; career guidance, mentorship and the FWi Youth Leadership Forum

## #Fun

**Eat; Box; Sleep; Repeat**  
**- we work hard, we play hard and we have FUN**

# Everyone is welcome

We are at The Children's Memorial Institute in Parktown  
087-073-9442 friends@fightwithinsight.co.za  
www.fightwithinsight.co.za

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