

UPDATE:



Fight 4Life Fitness and Boxing Ministry is a 501©3 nonprofit exempt organization, EIN: 84-1651197. Your financial support helps to keep this ministry available to our young children, troubled youths and impoverished families.

- Demolished September of 2019 due to unsafe conditions
- With the use of another local gym owner permission coach continue to train and teach youths the fundamentals of boxing and life's social skills.
- Raising funds to reconstruct Fight 4Life center will cost approximately \$200,000.
- Have raised \$40,000, in need of additional \$160,000 to reach our goal.
- Your gift of whatever you feel led by God to give is truly appreciated.
- Every dollar is important in helping us reach our goal to reconstruct center building.
- Please make contribution to F4L Ministry, in memo section write: EIN 84-1651197- Donation.
- Mail to Fight 4Life Ministry  
P. O. Box 362222  
Birmingham, AL 35236

# Fight 4Life Ministry

EIN 84-1651197

P. O. Box 362222, Birmingham, AL 35236-2222

## MENTOR GROUP SESSION

Hello, my sweet daughters and ladies, I hope you all are following necessary precautions to keep yourself healthy. COVID-19 is for real. Let's not brush it off, remember not one of us are invincible to this dreadful disease or any others. CrossBridge warriors, Coach and I are praying for each of you and your family members.

We will continue to have our regular group talk time via Duo Video same days and time. If you do not have Duo, download the app and add my number to your contacts (205) 567-0300. Continue to pray for each other and remember, we are united together through Christ Jesus. Our time of sharing and praying together is important to me. Jesus is always there to help you through any situations. Love you all. *Dorothy Young*

## BOXING CORNER



Due to the Covid-19 virus the USA Boxing Federation has ordered all boxing club registered gyms and centers closed until the ban has been lifted. Continue to work out at home. Follow your same exercise regimen as if you were in the gym.

NO BAG...use your pillow. You can't hurt it, but it will work off stress, tension and help you stay in tune with your bag combinations. When you jog, stay close to home and please use a mask. Love you all.

Coach Greg Young (205) 567-5707