

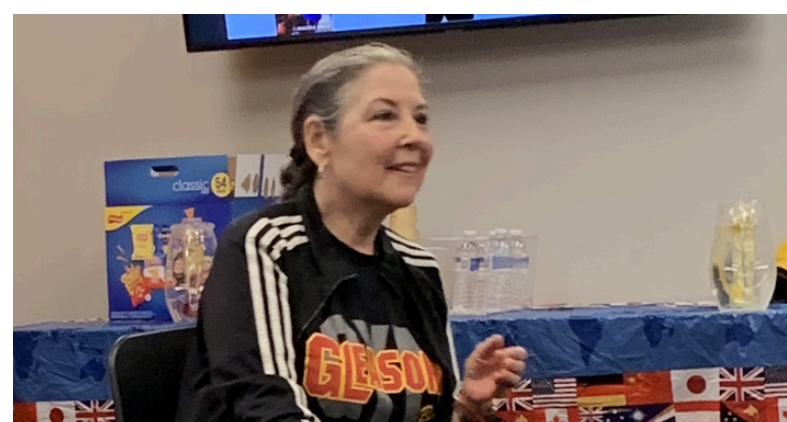
## ● Highlight ●

In celebration of Women's History Month, we hosted a 4-week boxing series this March, led by Certified Personal Trainer and Nutritional Coach Abby Larson. Participants got moving, relieved stress, and broke down gender norms in boxing.

We wrapped up the series with a powerful "Ringside Chat" featuring Malissa Smith — women's boxing pioneer, author, and former HPD Assistant Commissioner.

Moderated by Assistant Commissioner Rona Reodica, the conversation was inspiring, highlighting Malissa's journey, and the resilience and triumphs of women in the sport.

***"Women's boxing isn't just about strength in the ring—it's about fighting for visibility, equity, and the right to tell our own stories."***



## Empowering through Wellness

Malissa shared her unique journey and perspectives on leadership, resilience, and athleticism within the realm of women's boxing, and delivered both an inspiring and empowering conversation on the challenges, and the triumphs within the history of women in boxing.

