



**FOR IMMEDIATE RELEASE on July 5, 2023**

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### **WILMINGTON HOUSING AUTHORITY PARTNERS WITH HAMMER KICKBOXING ACADEMY**

WILMINGTON, NC, July 5, 2023 – The City of Wilmington Housing Authority (WHA) will begin a free two-month program with Hammer Kickboxing Academy (HKA) at the Houston Moore Community Center. During July and August, HKA will provide residents ages 10-14 with the tools to build self-confidence, discipline and fitness through martial arts and boxing instruction.