

LET IT OUT

LET IT OUT is a nonprofit support group that utilizes an emotional release boxing program to balance the mental and physical health of those impacted by loss or the struggle of a loved one's Substance Use Disorder.



Come hit a heavy bag and turn frustration into self care and empowerment.

Pre-registration is required for all groups by emailing letitoutinc@gmail.com

For Days, Times, and Locations please visit www.letitoutinc.org

Trainer's fee: \$5.00 donation is requested

501(c)(3)