



Your girl's future is built on the confidence she has today.



The Girls on the Run program focuses on the whole person- mind, body and social connection. The evidence-based curriculum includes:

Joyful **movement-based** activities for all abilities

Relevant group discussions that teach life skills and **critical thinking**

Setting goals in preparation for a **celebratory 5K**

Trained coaches who teach the importance of **nurturing emotional health**

Lessons that create a sense of belonging and acceptance to make a **welcoming place for all**



LEARN MORE!

Program Starts:

Monday, September 9th

Practice Schedule:

Mondays & Wednesdays
3:10-4:30pm

Program Fee: \$165

****Financial Assistance is available**

Contact: Sara Blickenstaff

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Register NOW at gotrnwa.org

IN A RECENT SURVEY, 98% OF PARTICIPANTS REPORT THAT THEY:



HAD FUN AT PRACTICE



**WOULD RECOMMEND THE PROGRAM
TO A FRIEND**



**FELT THAT THEIR TEAMMATES
SUPPORTED THEM**

Designed to inspire and include all girls

REGISTER HERE!



QUESTIONS ABOUT GOTR?

Contact: Catherine Baker
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