



# 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:

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

Joyful **physical movement-based** activities

Setting goals in preparation for a celebratory 5K

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

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

## 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**

Registration opens Tuesday, February 6, 2024  
Season starts the week of March 4th  
Celebratory 5K on Saturday, May 11th



## LOCATION

Shaw JCC

Grades Served: Grades 3-5

Practice Days and Times:  
Tues & Thurs / 5:30-7:00 PM

Contact: Sophie Goldenberg  
goldbergsophie@gmail.com



Financial assistance available to all participants

## Girls on the Run is for every girl, no exceptions.

Run, hop, roll, walk, push, or skip – participants of all abilities have a place on our team.



**SIGN UP!**



To ensure that all girls have equal opportunity to participate, the first week of registration is a lottery - see website for details. Registration will reopen on a first-come, first served basis for any sites with space remaining after the lottery is run.