

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

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

Trained coaches who teach the importance of nurturing emotional health

based activities

Joyful physical movement-

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

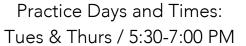
Registration opens Tuesday, February 6, 2024 Season starts the week of March 4th Celebratory 5K on Saturday, May 11th



## LOCATION

Shaw JCC

Grades Served: Grades 3-5



Contact: Sophie Goldenberg goldenbergsophie@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.







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.