



# Girls on the Run! Spring 2019

*We believe that every girl is inherently full of power and potential.*

*As the leaders of their lives, these are the girls that will change the world.*

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## About Girls on the Run

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained volunteer coaches use our research-based curricula to teach foundational lessons through dynamic discussions, activities and running games. Over the course of the ten-week program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Our program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

The 10-week program is for girls in 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades of all fitness abilities.

**Practice Times:** Tuesdays & Thursdays, 3-4:30 pm

**Start Date:** week of March 18th

**Location:** Mill Falls Charter School

**5K Celebration Event:** June 8th

To learn more about Girls on the Run, registration or financial assistance, please visit our website:

<https://www.girlsontherunnh.org/>

Registration will open on February 1st.

No girl is ever turned away for financial reasons.