

Girls on the Run is for girls

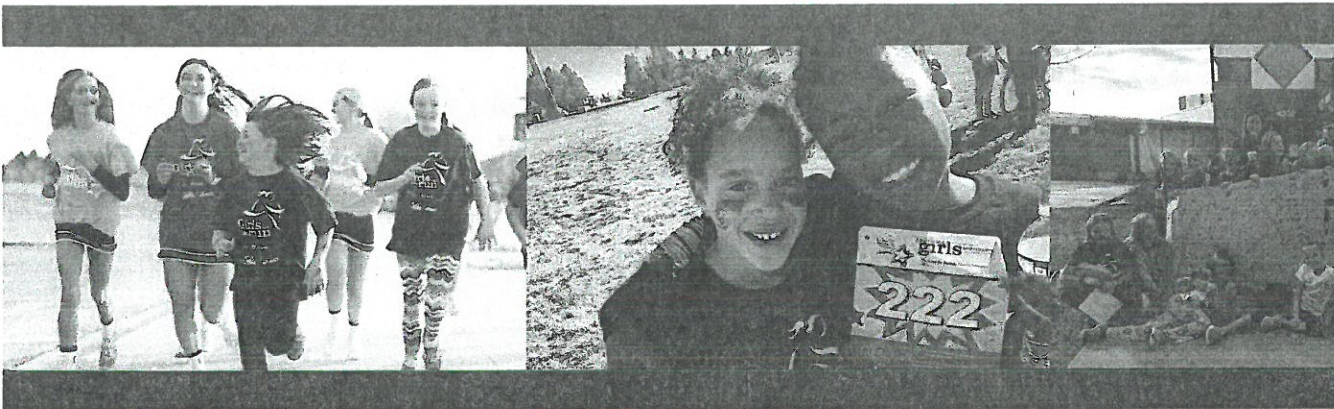
COMING THIS SPRING

What is Girls on the Run?

Girls will be inspired to a lifetime of self-respect and a healthy lifestyle through an innovative program that combines running with a fun, health education curriculum. The program promotes individual achievement and self-confidence. Girls gain self-esteem, learn healthy lifestyle habits while training for a 5K run/walk race.

Your daughter will...

- Understand that she has a place in her community
- Develop a strong sense of identity
- Learn how to give and receive support in a group
- Gain confidence to stand up for herself and others
- Improve her self-confidence and body image
- Complete a 5K- walk, run, hop, skip, or jump



Practice Days/Times: wednesdays and Fridays 4⁰⁰-5

First Day of Practice: March 6, 2019

Fee for 10-week Program: \$170.00

Site Coordinator: Brynn Stephens

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Registration opens on: February 4, 2019 9am

Visit our website to learn more: www.girlsontherunrockies.com