

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

Get involved with a program that inspires leadership, healthy habits, and new friendships all at once.

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





Get involved with a program that inspires leadership, healthy habits, and new friendships all at once.

Run, hop, roll, walk, push, or skip – participants can move in a way that is right for them and at their happy pace.





SIGN UP HERE!

Build confidence that lasts a lifetime.

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For more information, visit www.gotrmagee.org