



# Girls on the Run Spring 2017

## What is Girls on the Run?

Girls on the Run is an after-school program that uses running to give girls the tools to celebrate their bodies, honor their voices, recognize their gifts and activate their limitless potential!

## Who is it for?

Girls on the Run is for 3<sup>rd</sup>-5<sup>th</sup> grade girls of **ALL** fitness and ability levels. The only requirement is to believe in **GIRL POWER!**

## Why?

Studies show that during adolescence, girls' confidence drops about twice as much as boys', and their risk for anxiety and depression goes up. Girls on the Run gives girls the tools & life skills to navigate the challenges in life. We want girls to be confident and know that they are capable of achieving anything.



***Location: Genesee Hill Elementary***

***Dates: March 6 – May 22, 2017***

***Days: Mondays & Wednesdays***

***Times: 2:15-3:45PM***

***Cost: based on a sliding scale, scholarships available***

Contact Chau Pho Tung at [enrichment@genseehillpta.org](mailto:enrichment@genseehillpta.org) or GOTR directly at [info@girlsrun.org](mailto:info@girlsrun.org) with questions. Learn more about the GOTR program at [www.girlsrun.org](http://www.girlsrun.org). **Registration deadline is February 17, 2017**