



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

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

Joyful **physical movement-based** activities for 3rd-5th graders

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**

SPRING 2024 SEASON DETAILS

- **Location:** Bath Area Family YMCA
- **Practice Days:** Tues/Thurs. 3:45-5:15pm
- **Site Contact:** Maria Minor (mariaminor18@gmail.com)
- **The Program Runs:** 4/2-6/2/2024
- **Financial Assistance Is Available:** Girls on the Run-Maine uses a sliding scale ranging from \$20-\$160 to set the participant fee.

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

Build confidence that lasts a lifetime.

girlsontherunmaine.org

SIGN UP, STARTING 2/1!

