



Girls on the Run is for **EVERY** *abc*



Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead age groups 3 - 8 this fall - through interactive lessons and running activities. The season ends with a noncompetitive 5K

Why it Matters?

**IT'S FUN! IT'S
EFFECTIVE!**

Girls on the Run transforms girls' lives by helping

them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

Registration is now OPEN - No Hassle Financial Assistance is AVAILABLE!

TEAM: HOLY NAME OF JESUS SCHOOL
PRACTICE DAYS: TUESDAY AND THURSDAY 3:15 – 5:15
PROGRAM STARTS: TUESDAY SEPTEMBER 10TH
5K CELEBRATION: SUNDAY NOVEMBER 24, 2019.

CONTACT TARA KOCH at tarasellspa@gmail.com or at 717-503-7837 with questions.

LEARN MORE AND REGISTER AT <http://www.capareagirsontherun.org/>