



Girls need Girls on the Run now more than ever!

Give your girl the opportunity to connect, grow and thrive! Girls on the Run establishes lifelong healthy habits and instills critical social-emotional skills **at a time when girls need it most.**

Through safety and physical distancing modifications, and the ability to seamlessly shift to and from in-person and virtual programming, our trained and caring Coaches are ready to lead your girl and her team through an **empowering, confidence-building program** that will keep her active and strong!



Why It Matters:

Social isolation and stressors related to COVID-19 have undoubtedly affected girls. Girls on the Run will provide a safe and interactive space for girls to connect with each other, learn valuable skills such as how to cope when things get difficult and practice positivity, and most importantly, have fun!

More than a Running Program

Unlike other programs, Girls on the Run combines both social-emotional learning and physical activity. The program fee includes:

- ♥ 16 interactive lessons led by trained GOTR Coaches, delivered in person or virtually
- ♥ An engaging program journal for girls to connect with lesson themes
- ♥ An official Girls on the Run t-shirt
- ♥ End of Season Medal
- ♥ A safe online space where girls can connect, grow, and learn with peers
- ♥ Healthy snacks, water bottles, etc.
- ♥ A celebratory end-of-season event
- ♥ Friendship, fun and lessons to last a lifetime!

WHEN: Mondays & Wednesdays from 3:00 – 4:30 PM beginning Sep. 27th

WHERE: Elisa Nelson Elementary School

REGISTER: Online at www.gotrta.org or call (813) 832-2826 to register over the phone!

PROGRAM FEE: \$150; Financial Assistance is Available! *If you have a need, you qualify!*

QUESTIONS? Contact Girls on the Run at (813) 832-2826 and/or darcy.klempner@girlsontherun.org



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