



# Attention Parents & Girls

*Girls on the Run is returning to Liberty Elementary!*

Girls on the Run inspire girls to be joyful, healthy and confident using a fun, experience – based curriculum which creatively integrates running! The program aims to enhance self-esteem and confidence by teaching young girls about positive thinking, practicing healthy decision-making and standing up for oneself. Our goal is to give each girl a sense of connection to her community and world. At the end of the season, the girls complete a 5K with all of the other girls participating in the Sioux Empire.

## Program Information:

**Who:** 3<sup>rd</sup> - 5<sup>th</sup> grade girls; limited number of girls accepted to the program – maximum of 16

**When:** 10 weeks – beginning September 5 to November 14, 2019.

**Online Registration will open on Monday, July 8, 2019 - Please go to [www.embe.org](http://www.embe.org) Click on Youth Programs then Girls on the Run for the registration link.**

**Time:** 3:20pm - 4:35pm; Tuesdays & Thursdays

**Where:** Harrisburg - Liberty Elementary

**Cost:** \$106.50 - \$26.63, Income-based sliding scale fee - Cost includes applicable sales tax and covers 20 sessions of programming, trained coaches, snack each session, water bottle, t-shirt and entry into end of season 5K event. **No girl will ever be turned away for an inability to pay! Scholarships are available!!**

## Volunteer Coaches Needed!

The Girls on the Run program delivers its message to young girls through volunteer coaches and mentors. If you are a woman with a passion for working with girls to develop self-esteem and confidence, live a healthy lifestyle and want to be a positive role model - Consider becoming a GOTR Coach!

## Want a Registration Reminder?

Sign up for our Newsletter at EmBe.org (the bottom of the home page) or follow us on Facebook!

## Questions?

Contact Allison Sinning, GOTR/H&S Program Coordinator, at 605-681-8328 or at [asingning@embe.org](mailto:asingning@embe.org).



EmBe & GOTR are supported by

