



# 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 **movement-based** activities for all abilities

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**



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

**IN A RECENT SURVEY, 98% OF PARTICIPANTS REPORT THAT THEY:**

- HAD FUN AT PRACTICE**
- WOULD RECOMMEND THE PROGRAM TO A FRIEND**
- FELT THAT THEIR TEAMMATES SUPPORTED THEM**



**LEARN MORE!**



**Build confidence that lasts a lifetime.**

# Designed to inspire and include all girls



Run, hop, roll, walk, push, or skip – participants can move in a way that is right for them and at their happy pace.



Season starts: Week of September 16th  
Season end: December 8th

Registration Period: August 12th - September 20th  
Registration fee: \$170

Scholarships are available for families to select directly on the program registration!

**Learn more!** <https://www.gotrgreaterclt.org>

## CONTACT

**Girls on the Run Greater Charlotte**

✉ [clt@girlsontherun.org](mailto:clt@girlsontherun.org)

☎ (704) 837-0088

**SIGN UP!**

