

JOIN GIRLS ON THE RUN!

SPRING SEASON STARTS APRIL 7

Hello, BOLD HEART!

Girls on the Run offers lessons led by trained volunteer coaches, who create a welcoming environment using our evidence-based curriculum. The lessons in 'Hello, Bold Heart!' teach girls how to share what's in their hearts and help others to do the same.

Girls on the Run® new jersey east

GIRLS LEARN HOW TO...

Build confidence to boldly share their thoughts, ideas, and feelings

Discover their Heart Power to speak up – even when they feel nervous

Learn to listen deeply, show empathy, and invite others to speak up, too

QUESTIONS?

For more information and to sign up, visit

www.girlsontherunnj.org

SIGN UP!

JOIN OUR BEAR TAVERN ELEMENTARY TEAM!

Contact

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Girls on the Run NJ East
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Season Info

Tuesdays and Thursday
3:45 to 5pm

Registration is open now @
www.girlsontherunnj.org

Join today!