



# Girls on the Run is for **EVERY** girl



## More about Girls on the Run!

Participating in 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.



Girls who were the least active at the start of the program increased their physical activity by more than 40%\*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

**Ryan Road**

**Tuesdays/Thursday 2:10-3:40**

**Season:**

**Sept 13 - Nov 12**

**Registration Opens:**

**August 16**

**Cost is based on a sliding scale from \$5 - \$150.**

**No girl is ever turned away for financial reasons!**

**Register today:**

**[www.girlsontherunwesternma.org](http://www.girlsontherunwesternma.org)**

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