

## Girls on the Run / Girls on Track of Greater Mankato

Girls on the Run (Grades 3-5) and Girls on Track (Grades 6-8)

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running!

This is an after school, twice a week program for 10 weeks. Each session is led by trained coaches that guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific lessons such as: dealing with body image and the media, resisting peer-pressure, making healthy life decisions, working collaboratively with others, and contributing to the community. Along the way, the girls train together to walk or run in a 5k event!

To register or for more information please visit: [www.mankatoywca.org](http://www.mankatoywca.org) or call 507-345-4629.

\*Parents will need to provide transportation from the school to the session sites.

Program starts first week of February.

