

I can ...



be **creative**, have fun, laugh
try **new things**, run a **5k**,
feel more **CONFIDENT**, grow
BE **totally** **ME!**

WHEN: Tuesday & Thursdays 5:30-6:45 pm beginning March 27

WHERE: St. Paul's School Burlington

QUESTIONS: melissa.neiheisel@girlsontherun.org

heart & sole

Heart & Sole is a program from Girls on the Run International for girls in 6th-8th grade.
For more information visit www.girlsontherunnj.org.

brain heart social body spirit