

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



Girls on the Run inspires participants to be joyful, healthy and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



WHY IT MATTERS



Our programs boost girls' self-worth when they need it most.



Girls' self-confidence begins to drop by age 9.



Girls' physical activity levels decline starting at age 10.



50% of girls ages 10 to 13 experience bullying.

WHAT WE DO

Girls on the Run designs programs to strengthen third-to-eighth-grade girls' social, emotional, physical and behavioral skills to successfully navigate life experiences.

Register for Girls on the Run at KLES!

Program registration is open from now until Next Monday, February 27th . Our Girls on the Run team will practice on Tuesdays and Thursdays.

Season Starts: February 28th

Season Ends: May 6th

QUESTIONS?

Please contact: Krista Wilson

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☎ (850) 921-1265

For more information and to register, visit: <https://www.gotrpanhandle.org/>