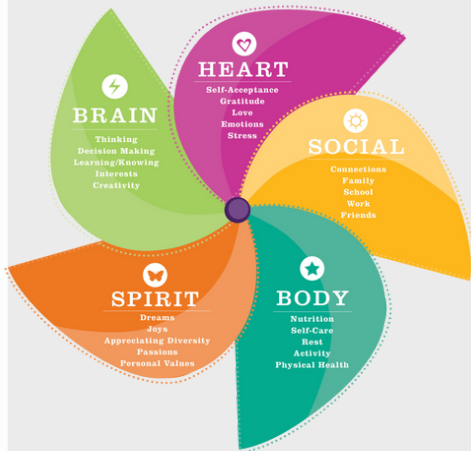


heart & sole

Spring Program Begins

FEBRUARY 28

After-school program for 6th & 7th grade girls!



Heart & Sole, a program from Girls on the Run, is a character development program for girls in 6th-8th grade. It combines social and emotional learning with training for a 5K. A safe space where girls can learn and grow with their peers.

- Increase Self-Confidence
- Build Healthy Relationships
- Make Intentional Decisions
- Setting Boundaries
- Conflict Resolution
- Making Friends

Register Online

www.gotrsouthernutah.org

Fossil Ridge Intermediate

Tuesday & Thursday 2 - 3:30 pm

Program Fee*: ~~\$175~~ **\$85**

Teams meet twice a week for 8-weeks and concludes with a Community 5K Celebration on May 21. Fee includes:

- Program Materials
- Healthy Snacks at Practice
- H&S T-shirt & Cinch Sack
- 5K Entry
- Water Bottle
- Finisher's Medal

For convenience, payment plans are available.

Volunteer Coaches NEEDED!

*Thanks to the generosity of local donors, we are able to reduce the program fee.

Questions

Contact

Melissa Miller

(435) 703-0299