

heart & sole

What if you could challenge yourself? Try new things?
Feel strong, be strong and run strong?
Make new friends who encourage you to...

BE TOTALLY

You!

Heart & Sole is a program from Girls on the Run
for girls in 6th-8th grade.
As a team, we'll run, laugh and connect!

Be creative Have fun Try new things Run a 5K Feel more confident



Registration Opens: January 22nd

Girls in Grades: 6-8

Program Days: Tuesdays and Thursdays during enrichment and after school (until 3:45)

Program Starts: March 24, 2020

Program Location: Memorial Middle School

Program Fee: \$225

Financial Assistance is Available

Contact: Ms. MacDonald

rmacdonald@town.hull.ma.us | (781) 925-2040 x 1105

Register at

<https://www.girlsontherunboston.org/Register-Now>

FOR MORE INFORMATION VISIT
WWW.GIRLSONTHERUNBOSTON.ORG.

★ BRAIN ★ HEART ★ SOCIAL ★ BODY ★ SPIRIT ★