

JOIN GIRLS ON THE RUN!



**Girls** on  
the **run**®

## Hello, **SUPERSTAR!**

With our updated curriculum, Girls on the Run is back and better than ever. The future of Girls on the Run has arrived, and we want YOUR superstar to experience our more-relevant-than-ever program. Her confidence and physical, mental, and emotional health deserve it!

### GIRLS LEARN HOW TO...



Develop a sense of belonging with a team



Speak positive self-talk and increase self-worth



Recognize and manage complex emotions

**SCAN ME!**

For more information and to register, visit

[gotrcentraliowa.org/programs](http://gotrcentraliowa.org/programs)



### Contact

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