

Find **FRIENDS** and **JOY IN MOVEMENT**

That's the power of

heart & sole

A program to help every girl strengthen their mind, body and spirit through interactive lessons, physical activity, and team discussions on relevant topics.

Heart & Sole is a unique program just for girls!
Get to know yourself and others through
interactive lessons, team discussions and fun
physical activities.

Each season, Heart & Sole participants learn:



How to embrace who they are, both on the inside and outside



Strategies to become independent and critical thinkers



Skills to write their own stories



Tools to find inner strength through physical activity

Learn more and sign up today!

Registration opens December 1st

Practice starts week of March 9th

www.gotrofcalhoun.org

Melinda.Maisner@girlsontherun.org



Scan me!

**Girls on
the run®**



JOIN GIRLS ON THE RUN!

CONFIDENCE that lasts a lifetime!

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

Girlson
the**run**®

WHY GOTR MATTERS



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

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