

# Girls on the Run®

## is coming to our school!

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.



**MARK YOUR CALENDARS!**

**Registration opens February 24th**

**Season begins March 18th**

### 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.



**Questions?**



[www.girlsontheruniowa.org](http://www.girlsontheruniowa.org)



[info@girlsontheruniowa.org](mailto:info@girlsontheruniowa.org)



319.214.0154

