



HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



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.



WHAT WE DO

Girls on the Run designs programs to strengthen third-to-eighth-grade girls' social, emotional, physical and behavioral skills to successfully navigate life experiences.

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.



SCAN ME!



QUESTIONS?

Contact **Stephanie McClintock**

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For more information and to register, visit GOTRMidMichigan.org/programs