



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-fifth-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!



SEASON DETAILS



Location: Hockessin Montessori School
 Registration Opens: 8/26/24
 Program Starts: 9/30/2024
 Schedule: M/W; 3 - 4:30 PM
 Contact: Victoria Elasic
 Email: velasic@thehms.org

For more information and to register, visit girlsontherunde.org