

Join Heart & Sole this spring!



Mondays + Wednesdays
3:00-4:15PM (Apr-June)
Edison Middle School

Season cost is \$199

(+ 5K run entry fee)

Financial assistance is available

**Program registration is
first come, first served**

Girls on the Run is a nonprofit youth development program for girls in 3rd-8th grade that uses running as a tool to promote physical, social, and emotional growth. We teach life skills through dynamic interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a 5K run, held on June 8. Join us!



To register, visit girlsontherunnj.org

**Questions? Email Essex County Director
camilla.nicholsuhler@girlsontherun.org**

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