

# Girls on the Run East Central Ohio: Who we are

Girls on the Run East Central Ohio is a local nonprofit serving Carroll, Stark, Tuscarawas and Wayne Counties. Our programming strengthens third-to-eighth grade girls' social, emotional, physical and behavior skills.

## How we make it happen:

Trained volunteer coaches lead small groups through our evidence-based curriculum which:

- Builds confidence
- Creates healthy habits
- Deepens social-emotional skills

## Interested in bringing Girls on the Run to your school or community site?

- Spring programs will run 10 weeks with two sessions per week, lasting 75-90 minutes.
- Coach and Site applications are now open and due Feb. 13
- Program registration will open on Feb. 20
- Programs begin the week of March 5
- Celebratory 5K - Sat. May 13, at 10:30 a.m. - Location TBA
- To learn more contact 844-446-8779 ext. 700 or by emailing [info@gotreco.org](mailto:info@gotreco.org). Visit our website at [www.GOTRECO.org](http://www.GOTRECO.org)

## At Girls on the Run, we envision a world where every girl:

- Recognizes her inner power
- Embraces her individuality
- Activates her limitless potential

