



LEARNING LIFE & LEADERSHIP SKILLS
WHILE TRAINING FOR A 5K
boysontherighttrack.com

BOYS ON THE RIGHT TRACK is a nine-week program appropriate for boys ages 8-13 and of varying physical abilities. Specifically, boys will learn through fun games and activities and of course, running. This is a non-competitive wellness program meant to instill leadership, improve life skills and empower boys to choose more healthy behaviors.

Program takes place after school 2 days per week. Volunteer coaches empower and facilitate boys through the **Boys on the Right Track** curriculum that is designed to instill leadership and other healthy behaviors. Boys completing this program will get a head start to practicing emotionally and physically healthy behavior. The boys have a lot of fun and make new friends.

SPRING PROGRAM:
April 17-June 16, 2017

5K Race Date: Saturday, June 17, 2017, 10 am

CALL FOR DETAILS: **(716) 316-1789**

**FINANACIAL AID
AVAILABLE**

*Blue Cross Blue Shield,
Univera and
Independent Health -
ALL MAY REIMBURSE*

Register: www.boysontherighttrack.com Registration Begins February 17, 2017, 1 pm

Effective Communication • Diversity • Conflict Resolution • Self Esteem
Self Confidence • Peer Pressure and Bullying • Other Healthy Life Skills
Proper Running Form and Techniques • Strength Training



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Site: EDEN ELEMENTARY

Grades: ages 8-13

When: Monday/Thursday, 3:15-4:45 pm