



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 11 – June 10, 2016

5K Race Date: Sunday, June 12 • 9 am

Program Fee: \$150.00 (Sliding Scale)

Blue Cross Blue Shield, Univera and Independent Health – all may reimburse. Call for details. Financial Aid available.

Register: www.boysontherighttrack.com Registration begins March 3, 2016 at 7 am

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



LEARNING LIFE & LEADERSHIP SKILLS WHILE TRAINING FOR A 5K

School: Eden Elementary School

Grades: Ages 8-13

Day(s): Monday and Wednesday

Time: 3:15- 4:45 pm