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JOIN GIRLS ON THE RUN!

Hello, **MOUNTAIN MOVER**

Girls on the Run offers youth development programs for girls and non-binary youth in 3rd-8th grade. Our curriculum combines physical activity with life skills lessons to emphasize the important connection between emotional and physical health. This season, participants will build the confidence to do hard things. How? By developing powerful tools to help them believe in themselves, then applying these tools to take on challenges alongside their team.

PARTICIPANTS LEARN HOW TO...

- ❖ Discover their I Can! Power - the power to do hard things
- ❖ Manage and move through difficult emotions
- ❖ Proudly breathe, believe and achieve their goals



SEASON DETAILS

Start Date: Monday March 24th, 2025

End Date: Thursday May 22nd, 2025

Location: Sunrise Elementary

Practice Times: 4:00 - 5:30 pm

Participant Age Range: 3rd-5th Grade

Contact: Paula Ostlund, postlund@lwsd.org*



For more information and to register, visit gotrpugetsound.org/program