



JOIN GIRLS ON THE RUN!

SPRING SEASON STARTS IN APRIL!

# Hello, **BOLD HEART!**

Girls on the Run offers lessons led by trained volunteer coaches, who create a welcoming environment using our evidence-based curriculum. The lessons in 'Hello, Bold Heart!' teach girls how to share what's in their hearts and help others to do the same.



## GIRLS LEARN HOW TO...



Build confidence to boldly share their thoughts, ideas, and feelings



Discover their Heart Power to speak up – even when they feel nervous



Learn to listen deeply, show empathy, and invite others to speak up, too

## QUESTIONS?

Contact: Jane Collins  
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visit: [www.girlsontherunnj.org](http://www.girlsontherunnj.org)

**SIGN UP!**



Join us in Westfield, Cranford, Fanwood or Summit!

Teams for both elementary and middle school girls!  
For details on meeting days/times, visit [www.girlsontherunnj.org](http://www.girlsontherunnj.org)

