

heart & sole®

What if you could challenge yourself? Try new things?
Feel strong, be strong and run strong?
Make new friends who encourage you to...

BE
TOTALLY

You!

Heart & Sole is a program from Girls on the Run
for girls in 6th-8th grade.
As a team, we'll run, laugh and connect!

Be Creative Have fun Try new things Run a 5K Feel more confident



Join Us at Spence Farm Stand in Woburn!

Registration Opens: Currently Open

Girls in Grades: 6-8th grades

Program Days: Sundays 3:00 – 5:00 PM

Program Starts: March 26th

Program Location: Spence Farm Stand

Program Fee: \$225

Financial Assistance is Available

Contact: Brian Nagle at bnagle@cityofwoburn.com

FOR MORE INFORMATION VISIT
GIRLSONTHERUNBOSTON.ORG

REGISTER NOW ONLINE
WITH THIS QR CODE

