



# Girls on the Run is for **EVERY** girl

**Girls on the Run is an afterschool program like no other!**

Twice per week for 9 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



**LEARN MORE!**



*Why it matters*  
**It's fun. It's effective.**

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

## WHY IT MATTERS?



Our programs boost girls' self-worth when they need it most.



Girls' self-confidence begins to drop by age 9.



Girls' physical activity levels decline starting at age 10.



50% of girls ages 10 to 13 experience bullying.

## SEASON DETAILS

**Site/Team Name: Kennedy Longfellow**

**Registration Opens: August 28**

**Program Starts: Tuesday, 9/19**

**Program Ends: Saturday, 11/18**

**Celebratory 5K: Saturday, 11/18/23**

**Contact: Ms. Natalie Lang, [nlang@cpsd.us](mailto:nlang@cpsd.us)**

Learn more and register today at <https://www.girlsontherunboston.org/>