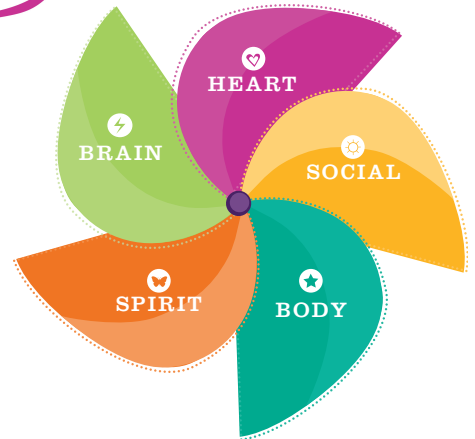




#defineyourbeautiful

@Ft. Clarke Middle School heart & sole

Heart & Sole is an after-school program that creates a positive and safe space for middle school girls to learn about themselves, find their voices, cultivate empathy, learn how to make effective decisions, and recognize their abilities to make a difference in their communities.



Girls will learn to use the "Girl Wheel" to identify areas of themselves they'd like to nurture and ways they can contribute to change around them.

What can you expect from Heart & Sole?

- A friendly and open atmosphere!
- New friends and teammates who encourage you to be your best self!
- A safe space for you to speak your mind!
- Experiencing valuable life lessons!

Online Registration Opens:
August 1, 2019

WHO: 6th through 8th grade Girls

WHERE: Ft. Clarke Middle School

WHEN: Weeks of September 9- November 18th
Mondays/Wednesdays 3:45-5:15pm

Girls on the Run® is a 501(c)3 positive youth development program which combines an interactive curriculum and running to inspire self-respect and healthy lifestyles in pre-teen girls.

Includes:

20 lessons conducted by trained coaches
 Heart & Sole Program T-shirt
 A healthy snack at each lesson
Registration for Girls on the Run 5k
 A beautiful 5k finisher's medal
 5k T- shirt

***Scholarships are available
upon request!***



www.alachuagotr.org

For more info:

deidre.dodd@girlsontherun.org

**This activity is neither sponsored nor endorsed by Alachua County Public Schools.*