

BE A FORCE OF NATURE

Come as you are. Become part of a unique team of girls. Unlock your amazing potential. Join Heart & Sole, an after school program for 6th to 8th graders where you can cultivate your strengths and be your best self.

How it Works

At Heart & Sole, we provide you with the tools and the space you need to help you learn more about yourself, explore new ideas, meet other girls as unique as you, and develop skills that will help you now and in the future.

What to Expect

Heart & Sole focuses on the five key parts of who you are: your **body, brain, heart, spirit, and how you connect with others**. Learn more about yourself as you work on communicating your goals through exercises and discussions that help you reflect on who you want to be and where you want to go.

So, Do I really Have to Run?

At Heart & Sole, you can run, walk or skip...as long as you're moving forward. And while physical activity is a core element of our program, you don't have to be a track and field superstar to participate. The season concludes with a Girls on the Run 5k, an event that celebrates everything that you've accomplished.



Our program lasts for 10 weeks. Our team size is 8-15 girls. By the end of the season, you'll gain new skills and the confidence you need to write your own story.

China Middle School

Start Date: March 16

**Mondays & Wednesdays
5:00 pm – 6:30 pm**

Site Contact:

Raigan York

GOTRChina@gmail.com

Register Here:

GirlsOnTheRunMaine.org

Program Fee offered on a sliding scale from \$20-\$145

Our full registration fee is **\$145**, however, through our fundraising efforts, we offer financial assistance based on annual household income.

Assistance can be requested as part of your registration. The sliding scale can be viewed on our website:

<https://www.girlsontherunmaine.org/Financial-Assistance>