



**Girls on the Run New Jersey North is proud to announce our program
for 6th-8th grade girls,**

Heart and Sole is back!

Heart and Sole meets Tuesdays and Thursdays at LHMS from 5:30-7

How does it work?

Heart & Sole is a 10-week program with a small team size of 15 girls so that girls have an opportunity to build strong connections with one another and their coaches. The 5k culminating event takes place on 5/14. The program teaches life skills such as:

- Team-building
- Creating a support system
- Boundary setting
- Making connections & friendships
- Goal setting
- Problem solving
- Emotional regulation
- Standing up for themselves and others
- Self-care
- Overcoming obstacles
- Decision making
- Asking for and providing help

*For more information, please visit our website, gotrnjn.org
The fee is \$175 for the 10 week program, 2 shirts, water bottle and 5K race.
Heart and Sole is a branch program of Girls on the Run, a 501c3 non profit.*