



Attention Parents & Girls

A popular girls' program is returning to St. Mary's Elementary!

Girls on the Run inspire girls to be joyful, healthy and confident using a fun, experience – based curriculum which creatively integrates running! The program aims to enhance self-esteem and confidence by teaching young girls about positive thinking and being a good friend, practicing healthy decision-making and standing up for oneself, addressing gossiping and bullying, understanding diversity and giving each girl a sense of connection to her community and world.

At the end of the season, the girls complete a 5K with all of the other girls participating in the Sioux Empire. By completing this 5K, it gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. The result – making the seemingly impossible, possible, and teaching girls that they can.

Who: 3rd – 5th grade girls; limited number of girls accepted to the program – maximum of 16

When: 10 weeks – beginning February 26 to May 9, 2019.

Online Registration will open on January 7th – To register, please go to www.embe.org.

Time: 3:15pm - 4:30pm; Tuesdays & Thursdays

Where: St. Mary's Elementary

Cost: \$106.50 - \$26.63 – Income Based Sliding Fee Scale – Cost includes applicable sales tax and covers 20 sessions of programming, trained coaches, snack each session, water bottle, t-shirt and entry into end of season 5K event. **No girl will ever be turned away for an inability to pay! Scholarships are available.**

Volunteer Coaches Needed!

The Girls on the Run program delivers its message to young girls through volunteer coaches and mentors. If you are a woman with a passion for working with girls to develop self-esteem, confidence and you live a healthy lifestyle and want to be that positive role model - Consider becoming a GOTR Coach!

If you have any question or want more information about applying, please contact the GOTR/H&S Program Coordinator, Allison Sinning, at 605-336-3660 ext. 8038 or asingning@embe.org



EmBe & GOTR are supported by

