



Calling all 3rd to 5th grade girls at St. Helena!

The Girls on the Run research-based curriculum consists of *two* 90-minute sessions for 10 weeks February – May.

Every girl no matter her ability or experience is welcome to participate.



Findings from a recent independent study conducted by Dr. Maureen Weiss, Ph.D., University of Minnesota, showed Girls on the Run makes a ***stronger impact than organized sports*** and physical education programs in teaching life skills such as ***managing emotions, resolving conflict, helping others, and intentional decision making.***



We encourage families to register **ONLY** if their child can participate in the entirety of **BOTH** lessons each day per week.

Register online at www.gotrpa.org

Registration Fee: \$175 (Financial assistance and flexible payment plans are available in the registration.)

Season begins: February 19, 2019

Location: St. Helena School

Meeting days/times: Mon & Wed 3:15-4:45

5k Date: Saturday, May 18, 2019

Registration is open

November 1st to December 13th

**Most user friendly: Google Chrome on a desktop or laptop*

215.540.0813 | info@gotrpa.org