



Girls on the Run New Jersey North

Is coming to Lafayette in fall 2013

Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience – based curriculum which creatively integrates running. We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Girls on the Run meets twice a week in teams of 8-15 girls. We teach life skills through dynamic conversation – based lessons and running games. The 24 lesson curriculum is broken down into three parts: Understanding ourselves, valuing teamwork and understanding how we connect with and shape the world at large. We use running (walking, hopping, jumping....moving forward) as an activity to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. At the season's conclusion, the girls and their adult running buddies, complete a 5K! The results of this experience are always the same – **making the seemingly impossible, possible!!**

BE A PART OF SOMETHING AMAZING!!

PLEASE JOIN US FOR A COMMUNITY WIDE MEETING !!

WEDNESDAY, MARCH 27, 2013

7pm LAFAYETTE TWP SCHOOL

www.gotrjn.org