



## Calling all 3rd to 5th grade girls at Gilbertsville!

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 decisions 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](http://www.gotrpa.org)  
Registration Fee: \$175 (Financial assistance and flexible payment plans are available in the registration.)

Season begins: February 19, 2019  
Location: Gilbertsville Elementary  
Meeting days/times: Tues & Thurs 3:45-5:15  
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](mailto:info@gotrpa.org)