



HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



Girls on the Run is a **girl-empowerment organization** that inspires participants to be **joyful, healthy and confident** using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



KENDALL ELEMENTARY TEAM

Monday/Wednesday
3:00-4:00 PM

WHY IT MATTERS



Our programs boost girls' self-worth when they need it most.



Girls' self-confidence begins to drop by age 9.



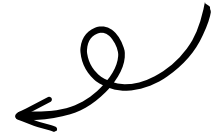
Girls' physical activity levels decline starting at age 10.



50% of girls ages 10 to 13 experience bullying.



REGISTER
HERE



QUESTIONS?

Contact Girls on the Run Bexar County

✉ daliene.hendon@girlsontherun.org

☎ 210-961-0166

For more information and to register, visit gotrsanantonio.org/programs