




heart
& sole

Heart & Sole is coming to *your* school!

Heart & Sole is designed specifically for middle school girls. The program creates a positive, structured environment for girls to learn about themselves, explore new ideas, strengthen connections, and develop life skills that will help them as they move through adolescence and beyond. Each week, training and activities will help build endurance for a celebratory 5K.



"We covered all the topics that I had questions or concerns about including body image, self-esteem, goals, time management skills, peer pressure, bullying and so many more."
- Araceli

To learn more or to register, visit www.gotrchicago.org.

To stay current on GOTR dates and events, visit bit.ly/GOTRnewsletter to be added to our monthly newsletter.