

JOIN US AT YORK SUBURBAN THIS FALL!

heart & sole[®]

Be relentless. Heart & Sole is for any girl brave enough to be herself. Join us for a 10-week program that will empower you to tap into your strengths and learn new life skills. Every week, we'll run, laugh and learn about what makes each other tick. The program ends with a celebration of how far you've come ... and a 5K that will remind you that you can crush any goal you set your mind to.

Girls on
the run[®]

HEART & SOLE LESSONS FOCUS ON:



The whole girl - body, brain, heart, spirit, and social connection



Identify personal obstacles, strengths, and support systems



Learn strategies for developing healthy habits - body & mind

York Suburban Middle School

- Starts the week of September 30th
- Ends with the celebratory 5K on December 7 at York College
- Teams meet 1x per week on Wednesday, 3:00-5:00 PM
- Registration opens August 26th

SCAN TO REGISTER!



QUESTIONS?

Contact at YSMS

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For more information and to register, visit www.gotrmidstatepa.org