



BE A

FORCE

OF NATURE

Come as you are. Become part of a unique team of girls.
And unlock your amazing potential. Join Heart & Sole, an after school program for 6th to 8th graders, where you can cultivate your strengths and be your best self.

BE A FORCE OF NATURE

How it Works

At Heart & Sole, we provide you with the tools and the space you need to help you learn more about yourself, explore new ideas, meet other girls as unique as you, and develop skills that will help you now and in the future.

Our club lasts for 10 weeks. Our team size is 8-15 girls. By the end of the season, you'll gain new skills and the confidence you need to write your own story.

If you'd like to join Heart & Sole, register today at

www.gotrgreaterhartford.org

What to Expect

Our club focuses on the five key parts of who you are: your **body, brain, heart, spirit, and how you connect with others**. Learn more about yourself as you work on communicating your goals through exercises and discussions that help you reflect on who you want to be and where you want to go. As a team, you'll all look inward before applying what you learn to your friends, family, school, and broader community.

So, Do I Really Have to Run?

Well, kinda. At Heart & Sole, you can run, walk, skip, jump, push, or roll ... as long as you're moving forward. And while physical activity is a core element of our program, you don't have to be a track and field superstar to participate in our simple and fun exercises. The season concludes with the Girls on the Run 5K, an event that celebrates everything that you've accomplished. It's the cherry on top of a season of goal setting.

Club start date: 3/9/20

Meeting times/days per week: Monday/Wednesday 2:30-4:00

Where to sign up for Heart & Sole: gotrgreaterhartford.org

Please contact: Allison Maynard, Town of Somers Dir. of Social Services
(860) 265-7551