

# Looking for a meaningful volunteer opportunity?

+ Be a **GIRLS** on the **RUN COACH** at Blessed Sacrament!



- ❖ Do you have a sincere interest in leading a healthy life?
- ❖ Do you want to commit to the positive development of young girls?
- ❖ Do you have an interest in combating the issues facing young women today?
- ❖ Do you wish to "educate and prepare girls for a lifetime of self-respect and healthy living?"



BSS needs Tuesday afternoon coaches! Program times are 2:45 to 4:15. Please contact GerriAnne Graham: [grahamdga@att.net](mailto:grahamdga@att.net) for more info!

+ "While this program inspires and touches young girls, I hope you know that it inspires and touches coaches just as much, if not more."

- Linda

Volunteer Coach

To learn more about the program or how to become a coach visit our website [www.gotrcentralillinois.org](http://www.gotrcentralillinois.org) or email [melissa@gotrcentralillinois.org](mailto:melissa@gotrcentralillinois.org).

Girls on the Run is a 10-week after school program that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. It's a place where participants can learn how to celebrate being girls by building self-esteem and improving emotional and physical health.

Each session, held twice a week, is led by trained coaches who guide and mentor girls through a fun and uplifting curriculum. Along the way, the girls train together to walk or run in a 5k.

**Girls on the Run of Central Illinois has more than 35 programs throughout central Illinois.**

New coaches training will be offered February 18, 25, and 28  
The 10-week spring season will begin the first week of March  
The Girls on the Run 5k is Saturday, May 19