

# Find **FRIENDS** and **JOY IN MOVEMENT**

That's the power of



Heart & Sole is a unique program just for girls! Get to know yourself and others through interactive lessons, team discussions and fun physical activities.

Each season, Heart & Sole participants learn:



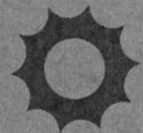
How to embrace who they are, both on the inside and outside



Strategies to become independent and critical thinkers



Skills to write their own stories



Tools to find inner strength through physical activity

## Holy Name of Jesus School

Season Starts: September 23

Practice: Wednesdays, 3:30 - 5:30 PM

5K Celebration: November 22 at HACC

For more information and to register visit  
[www.gotrmidstatepa.org](http://www.gotrmidstatepa.org)

## Questions?

TRACEY MUMMA, Coach

[traceylibrandi@gmail.com](mailto:traceylibrandi@gmail.com)

717-982-0575



Online Registration  
Opens  
August 24!