Coming this fall to The Barbara Davis Center!
All 3rd-8th grade girls with type 1 diabetes.
Come be a part of the fun! Join us at Girls on the Run!

Two Sessions to choose from:
Mondays OR Wednesdays 4:00-6:00pm

So... What is Girls on the Run?
Stretch yourself - physically, mentally, socially and emotionally. Girls will be inspired to a lifetime of self-respect and a healthy lifestyle through an innovative program that combines training for a 3.1 mile run/walk race with a fun, health education lesson plan. This program promotes individual achievement and self-confidence. Girls gain self-esteem and learn healthy lifestyle habits while training for a 5K run/walk race.

Girls on the Run is a nonprofit organization dedicated to helping girls stay out of the "Girl Box" - a place where girls are valued more for their outward appearance than their character inside. We are working to reduce at-risk behaviors such as substance abuse, eating disorders, teen pregnancy, and poor nutrition.

What if I don't like to run?
We use the term “running” loosely - girls can run, hop, skip, speed walk or dance towards their goals. The lessons promote self-challenge instead of competition; self-worth instead of societal worth; and cooperation instead of rivalry.

Our goals for each girl are to:
Understand her place in the community.
Have strong sense of identity.
Learn how to give and receive support in a group.
Learn to stand up for herself in a healthy manner.
Have an improved body image.
Complete a 5K run/walk event in the community.

Call Janet Snell-Bergeon at 303-724-6762 or Lindsey Duca at 303-724-8784 for details and to register. The program fee is waived for all girls with type 1 diabetes who participate.

- Online registration starts August 14th.
- Program starts week of September 14th.

Go to www.girlsontherunrockies.org and www.girlsontherun.org to learn more about this program.