



Through Group Empowerment & Walk/Run Based Therapy, **Heel to Heal** is an 8-week program for girls ages 13-16 years old to increase self-esteem, practice mindfulness, & build confidence!

Participants will spend one hour in a group empowerment session & a second hour training for a **5k Goal Race**

*(to be completed at the end of this 8-week program which begins on **Tuesday, April 9th**).*

Heel to Heal Empowerment will Focus on:

- Managing Emotional & Physical Boundaries
- Self-Esteem, Self-Soothing & Self-Care
- Expressing Feelings & Communication
- Dealing with Peer Pressure
- Mindfulness Skills

Walk/Run-Based Therapy will Focus on:

- Warm-Up & Review of Proper Running Techniques
- Slow Building 1/4-Mile Increments Each Week
- Mentor Guidance & Training
- Mindfulness-Based Stress Reduction

INFORMATION **SESSION**

Wednesday, March 13th
6:30 p.m.

Saratoga Center for the Family
359 Ballston Avenue
Saratoga Springs, NY 12866
(No RSVP necessary)

Questions? 518-587-8008 x313



SARATOGA CENTER FOR THE FAMILY
Building stronger families throughout Saratoga County