

SISTERS FOR HEALTH EMPOWERS GIRLS OF COLOR TO TAKE
CONTROL OF THEIR HEALTH AND WELLNESS

Sister, Soar!

RUNNING CLUB

Girls in grades 6-8,
join us to explore healthy
habits for a strong mind
and body, and prepare
for a 5K!



No running
experience
necessary.
We'll build
strength and
stamina and
grow fit
together!

Learn More



WWW.SISTERSFORHEALTH.ORG



This program is funded through a partnership with Howard
County Youth Engagement Programming (YEP!)

sisforhealth@gmail.com

