



Heel to Heal



SARATOGA CENTER FOR THE FAMILY

in collaboration with

THE SARATOGA REGIONAL YMCA

Brings you a 8 week Empowerment & Physical Fitness
Program for young women

April 30, 2024 – June 18, 2024 from 4:30-6:00pm

Through Group Empowerment & Walk/Run Based Therapy, **Heel to Heal** is an 8-week program for young women grades 6 through 8 to increase self-esteem, practice mindfulness, & build confidence! Participants will spend 45 mins in a group empowerment session & a second 45 mins training for a **5k Goal Race**. This is a free program which includes all supplies needed including a professional sneaker fitting at iRun Local in Saratoga Springs and a temporary YMCA membership.



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

For more information and to register please call: **Saratoga Center for the Family** at 518-587-8008 ext 315



SARATOGA CENTER FOR THE FAMILY
Building stronger families for stronger communities

