



# Heel to Heal



## SARATOGA CENTER FOR THE FAMILY

in collaboration with

## THE SARATOGA REGIONAL YMCA

Brings you a 10 week Empowerment & Physical Fitness  
Program for young women  
*from May 3rd 2021 - July 4th 2021*

Through Group Empowerment & Walk/Run Based Therapy, **Heel to Heal** is an 10-week program for young women 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 **The Firecracker 4 -5k Goal Race**. This is a free program which includes all supplies needed including running shoes 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 Tech-niques
- 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

