

# BECOME A SPONSOR

We are excited to announce that the Marinette-Menominee YMCA along with the Healthy Youth Coalition has teamed up with the Menominee to host the "Heart & SOLE Sisters" program! With our community's support, we are able to provide the program for FREE!

**With your \$100 sponsorship**, you are providing a drawstring bag of running essentials that each participant needs in order to be successful in the program. This includes: a running shirt (includes sponsor names), running shorts, a sports bra, water bottle, headband, and a pair of adequate running shoes.

Please consider a donation to the program this year and with your help we will be able to empower female youth in our community. Thank you in advance for your support!

YES! I would like to sponsor a girl for \$100 and my payment is enclosed!

I would love to contribute, but I have a couple of questions. Please contact me at: \_\_\_\_\_

\*Please send donations to:  
Marinette-Menominee YMCA  
Attn: Jenni Campbell  
Heart & Sole Sisters Project  
1600 West Dr., Menominee MI 49858

TEAR HERE



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEART AND SOLE SISTERS

## EMPOWERING GIRLS ONE STEP AT A TIME!

April 15-June 6th, 2019  
Jim Hodge 5k June 15th



SPRING 2019

# EMPOWERING GIRLS ONE STEP AT A TIME!

Quotes from participants after finishing the program.

"I LOVE this program so much and I am so, so thankful for getting the chance to do this!"

"The whole program made me feel like I could accomplish ANYTHING!"

"I think this program is amazing and a lot more girls should join"

"I really loved the group, the girls and the coaches, it was so much fun"

"It was the most amazing thing I've ever been a part of"

"I loved everyone in the group and they make me want to run more!"

Please contact:

Jenni Campbell: [jenni@mmymca.org](mailto:jenni@mmymca.org)

Karianne Lesperance: [klesperance@mc-isd.org](mailto:klesperance@mc-isd.org)

Ashley Karkkainen: [karkkainena@gomaroons.org](mailto:karkkainena@gomaroons.org)



## WHO ARE WE ?

### WE HAVE HEART

The "Heart and Sole Sisters" Classroom Curriculum is a fun and engaging 8-week program for tween girls (grades 6-8) that help them navigate the challenges of friendships, self-esteem, body image, bullying, cyber drama and creating a kinder Girl World in the process. The program is designed to incorporate a variety of goals such as; encourage an honest conversation about "girl world" and help create a sense of support and sisterhood. It creates a safe environment where girls can connect, helps them express themselves authentically and celebrates what makes them beautifully unique. This program will give girls the tools and confidence to manage conflict, drama, rumors, gossip, toxic friends, help girls manage online relationships understand healthy relationships, establish boundaries, and gain the necessary tools to maintain and develop kinder friendships.

### WE HAVE SOLE

The extra and special incentive in this program is incorporating a 5k running and training element. After the 8-week program, the educators along with all girl participants, will join together to run a 5k race! Mixing all of these fundamentals with an additional focus on drug & alcohol prevention and nutrition, we will increase their leadership skills, boost self-esteem and create a kinder girl world!

## I WANT HEART! I WANT SOLE!

If this program sounds like something you would like to participate in, and you are a female at Marinette, Menominee or surrounding area Middle School in grade 6-8, please return form & register at The Greater Marinette-Menominee YMCA.

Registration opens March 11th, 2019 until spots are filled. Registration is limited to 15 girls. (Program is held at Blesch) Mandatory parent orientation will be held Monday April 8th, 5:30pm at Blesch School. First session Monday April 15th 3:30-5:00pm. Sessions meet every Monday/Thursday until June 6th. Jim Hodge 5K run will be Saturday June 15th.

\*Name of child: \_\_\_\_\_

Age & date of birth: \_\_\_\_\_

School Attending: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Grade: \_\_\_\_\_ Household email: \_\_\_\_\_

Emergency contact & phone: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

All clothing will be in adult women's sizes:

Shoe size: \_\_\_\_\_ (Please circle: youth or adult size)

Shorts: \_\_\_\_\_ T-Shirt size: \_\_\_\_\_

Sports bra women's: (xs,s,m,l,xl,xxl): \_\_\_\_\_

Any Health concerns that educators should be aware of:

**Marinette-Menominee YMCA**  
1600 West Dr., Menominee MI 49858