

# eliminating racism empowering women

ywca press release

YWCA York  
320 East Market Street  
York, PA 17403

**Contact Information**  
Miesha Hill  
T: 717-434-1761  
mhill@ywcayork.org  
www.ywcayork.org

FOR IMMEDIATE RELEASE

## MEETING SCHEDULED FOR PRINCIPALS AND TEACHERS *to learn about Girls on the Run® program*

York, PA, May 27, 2010- Informational meetings have been scheduled to introduce York County school principals and teachers to YWCA York's *Girls on the Run®* program, which is open to girls ages 8-11 years old, on Saturday, June 19<sup>th</sup> from 9-10 a.m. and Monday, July 12<sup>th</sup> from 6-7 p.m. at 320 East Market Street, York, PA, 17403. There is no cost to attend. Volunteers are also needed as running buddies and coaches.

*Girls on the Run®* is a national program that lasts 12 weeks and the curriculum combines self-esteem lessons with workouts aimed to develop the whole girl: her physical, mental, emotional, and social self. No prior running experience is necessary.

To register, please contact Tara Neff at 717-845-2631 ext. 131. Visit the YWCA York online at [www.ywcayork.org](http://www.ywcayork.org).

Founded in 1858 and headquartered in Washington, D.C., the YWCA is a women's membership movement whose mission is to eliminate racism and empower women. Strengthened by diversity, the YWCA draws together members who strive to create opportunities for women's growth, leadership and power to attain a common vision: peace, justice, freedom and dignity for all people. The YWCA represents approximately 2 million women, girls and their families in the United States and 25 million women worldwide. The YWCA has more than 300 associations throughout the United States. The World YWCA is at work in more than 100 other countries. For information about the YWCA or local YWCA associations, visit our website, [www.ywca.org](http://www.ywca.org).

#####