

# Young Runners Workshop



Join Glen Rock High School athletes for special sessions before and after the Glen Rock Healthy Kids running events during the May session.

**ALL ARE WELCOME** (children, parents, everyone!)

Workshops will feature different topics each week, including yoga, nutrition, running techniques, and more.

Workshops are **\$10 per session, or \$40 for the entire 5-week course.**

*All proceeds benefit The Center for Family Support, a nonprofit that works with individuals with intellectual and developmental disabilities in New York and New Jersey, helping them live fuller, more meaningful lives.*



**CLARA E. COLEMAN  
SCHOOL FIELD**



**\$10 PER SESSION  
\$40 FOR THE 5-WEEK COURSE**

**ALL  
PROCEEDS  
WILL BE  
DONATED  
TO CFS**



**Before and after the Healthy Kids Running races:**  
Sessions start at **4:15pm and 6:00pm**



**4/27 | 5/4 | 5/11 | 5/18 | 6/1**  
**Rain Date – 6/8**

**Learn more & sign up**

[www.cfsny.org/GlenRockYoungRunners](http://www.cfsny.org/GlenRockYoungRunners)

