



Join Heart & Sole at East Windsor this spring!!

### Program Information:

A positive youth development program for girls in grades 5-8  
Addresses the whole girl: body, mind and spirit!

**Start Date:** Monday, March 13, 2023

**Location:** East Windsor Middle School

**Days & Times:** Mondays and Thursdays, 2:45-4:15pm

**Celebratory 5K:** May 13, 2023, Cigna Campus, Bloomfield

**Included:** Team shirt, 5K registration, finishers medal, and more!

**To Register:**

<https://www.pinwheel.us/register/index/GreaterHartfordRegistrationSpring2023>

**Discount Code:** Through grant funding from East Windsor Parks & Recreation and Youth Services, participants in this program receive free registration! Just enter **EWINDS23** when prompted on the registration form!

## Heart & Sole is on a Roll!

