

FOR IMMEDIATE RELEASE

Barb Dorn
Executive Director
507-345-4629
executivedirector@ywcamankato.org



March 29, 2018

YWCA MANKATO RECEIVES \$10,000 FOR GIRLS ON THE RUN

Mayo Clinic Health System Provides Program Support

MANKATO, MINN. – Mayo Clinic Health System contributed \$10,000 to YWCA Mankato in support of Girls on the Run. A portion of the funding will support sites serving girls in the St. James, Le Sueur-Henderson, and Tri-City United school districts during 2018. The remaining amount will continue to support the greater Mankato area.

“The full impact of this support from Mayo Clinic Health System is immeasurable. Girls on the Run prepares girls for a lifetime of self-respect and healthy living,” said Amy Jordan, Director of Programs at YWCA Mankato, who offers Girls on the Run in Blue Earth, Nicollet, Le Sueur, Waseca, Brown, and Watonwan counties. “We are grateful for their commitment and investment toward the mental and physical health of the youth in our area.”

“The Girls on the Run program is an asset to our community. The program fosters a positive outlook on movement and exercise, increases self-esteem in young girls, promotes bonding and assists in learning how to accomplish goals. These are vital proficiencies for young girls growing up in our community!” said Lisa Hardesty, Ph.D., L.P., Mayo Clinic Health System behavioral health provider.

Girls participating in Girls on the Run throughout the six counties will all come together to participate in the 10th Annual Girls on the Run 5K presented by Mayo Clinic Health System on April 21st, 2018, at Spring Lake Park in North Mankato. This non-competitive celebratory event welcomes men, women, girls, and boys of all speeds and abilities. Known as one of the best 5K events for first-time racers, this event supports the Girls on the Run program throughout south-central Minnesota.

###

About Mayo Clinic Health System

Mayo Clinic Health System consists of clinics, hospitals and other health care facilities that serve the health care needs of people in more than 60 communities in Minnesota, Wisconsin and Iowa. The community-based providers, paired with the resources and expertise of Mayo Clinic, enable patients in the region to receive the highest-quality health care close to home.

About YWCA Mankato

Nationally, YWCA USA is the oldest and largest national organization serving women and their families. YWCA Mankato strives to be a collaborative leader and catalyst for social change focused on gender and race. Through programming and events, YWCA Mankato provides leadership development for women and girls, tools for self-sufficiency for New American families and promotes racial equity. YWCA Mankato carries out its mission to *eliminate racism, empower women, and promote peace, justice, freedom and dignity for all.*

About Girls on the Run

Girls on the Run is a national physical activity-based positive youth development program for 3rd-8th grade girls. Participants develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and oneself with care, create positive connections with peers and adults and make a meaningful contribution to community and society. Each session is led by trained volunteer coaches that guide and mentor the girls. The ten-week program concludes with all participants completing a celebratory 5k event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals.