



What is Heart and Soul?

Heart & Sole is a program that empowers girls to unleash who they are, to live healthy, confidently and joyfully using fun, experience-based activities which integrate running.

Two Informational Meetings:

Thursday 9/13 @ Tutorial

or

Monday 9/17 @ Tutorial

Where: C-1 with Ms. Linck and Ms. Jordan

Bring your smile and a friend!

Information regarding the program will be distributed at the meeting.

**If you can't make the meeting please see Ms. Jordan or Ms. Linck at lunch or after school.*



**inspiring girls to be
healthy and confident**

Nondiscrimination Statement

The Irvine Unified School District is committed to equal opportunity for all individuals in education. District programs and activities including membership in student clubs shall be free from discrimination based on race, color, ancestry, nationality, ethnic group identification, immigration status, age, religion, actual or potential parental, family, or marital status, or the exclusion of any person because of pregnancy or related conditions, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.