



Join us for a lovely evening of well-being and resilience strategies to nurture a strong mind, body, and soul for this upcoming school year and approaching holiday season.

All funds raised during this event will go directly to Girls on the Run of Northwest Illinois.
See gotrnwil.org for more information.

Wednesday, September 25th
5:45pm-8:00pm

Experience with us a beautiful new space in our community

Crystal Creek Farm

crystalcreekfarmvenue.com/

2025 IL 176, Crystal Lake

(across from Prairie Isle Golf Club in Prairie Grove)



mind



body



soul

- Welcoming wellness strategy for staying grounded when overwhelmed
- Dynamic stretching to release tension for mobility - Smith Physical Therapy, Denise Smith
- Nourish to Flourish – Lake County Health Department Nutrition Counselor, Sam Zelm
- Art of Sleep: Managing Stress and Improving Sleep Quality - LifeSync Consulting Clinical Sleep Health Specialist - LifeSync Consulting, Andrea Ramberg
- Yoga with Focus for 40 min - Be Moved, Denise Yager & Kell Edwards
- Mala Breathing Meditation - Girls on the Run, Lisa Puma

Some healthy snackages will be served

\$30 fundraiser event ticket

\$25 teacher discount ticket

\$20 GOTR coach discount ticket

\$20 middle school* & high school student discount ticket

GOTR alumni girls who attend will also receive a little GOTR swag

*must be accompanied by adult

click for tickets
and info

