

**FOR IMMEDIATE RELEASE**

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Columbia Valley Community Health

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## **Columbia Valley Girls on the Run Expanding to Douglas County**

### **Coaches Needed for 2015 Spring Season**

**Tuesday, January 6, 2015: Wenatchee, WA:** [Columbia Valley Community Health](#) (CVCH) is pleased to announce that [Girls on the Run International](#) has approved the expansion of [the Columbia Valley Girls on the Run](#) program to Douglas County. Since 2007, Columbia Valley Girls on the Run has served over 460 girls in seven different elementary schools in Chelan County. Program administrators are excited to expand the program into Douglas County, and are currently recruiting coaches to help with the spring season.

The after-school program is available to girls in 3<sup>rd</sup> – 8<sup>th</sup> grades and is administered by trained coaches from the community. The next Coaches Training Session will take place on **Saturday, January 31** from 10am-2pm at Columbia Valley Community Health in Wenatchee, located at 600 Orondo Ave. Those interested in learning more should contact **Maggie Reuter**, program assistant for Columbia Valley Girls on the Run, at **509-661-3675**.

“Community members interested in coaching do not have to be runners, but should have an interest in healthy living and serving as a positive role model for young girls,” Maggie Reuter said.

The program culminates in a Superhero 5K that will take place on May 23 at 9am at [Pybus Public Market](#). “As a coach, I felt privileged to witness the incredible transformation that occurred as the individuals girls became one team,” said Reuter. “Girls on the Run also reminds me of the importance of activating my own limitless potential.”

Columbia Valley Girls on the Run is an affiliate of Columbia Valley Community Health and an Independent Council of Girls on the Run International. CVCH brought Girls on the Run to Chelan County in 2007 as a way to increase healthy decision making and promote healthier lifestyles for girls in the community.

For more information about Columbia Valley Girls on the Run, contact **Marlen Mendez**, council director, at [mmendez@cvch.org](mailto:mmendez@cvch.org) or by phone at 509.661.3623.

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*CVCH Press Release: Columbia Valley Girls on the Run Expanding to Douglas County for 2015*

### **About Columbia Valley Girls on the Run**

Girls on the Run, established in 1996 in Charlotte, NC, is a transformational physical activity based positive youth development program that teaches life skills through dynamic, interactive lessons and running games. Girls join teams of eight to fifteen girls that meet twice a week with their coaches, who follow the fun, experience-based curriculum that inspires the girls to be joyful, healthy, and confident. At the end of the ten weeks, the girls are physically and emotionally prepared to complete a 5k with a Running Buddy. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

### **About Columbia Valley Community Health**

[Columbia Valley Community Health](#) is a Federally Qualified Health Center (FQHC) that offers medical, dental, behavioral health, pharmacy, WIC and outreach services to everyone in Chelan and Douglas Counties. Their mission is to provide access to improved health and wellness with compassion and respect for all.

Established in 1972, CVCH is now an industry leader, and was the first in the Pacific Northwest to achieve the Joint Commission's Primary Care Medical Home certification. CVCH serves over 24,000 patients a year between all of its departments and locations in Wenatchee, East Wenatchee and Chelan.

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