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# Getting Ready To Run

## Description

PS&H Counsel René Moniz, who is based in the firm's New Bedford office, is quoted in the January 2020 issue of The South Coast Insider, in their article on the South Coast Business Alliance and the popular program for young girls, Girls on the Run. René serves as Vice President of the South Coast Business Alliance, a non-profit organization that focuses on creating and supporting opportunities for the disadvantaged and at-risk youth in the New Bedford community.

In mid-November, 15 girls from the Elizabeth Carter Brooks Elementary School in New Bedford traveled to City Park in Warwick, R.I., to join hundreds of other girls, all gathered to participate in a five-kilometer run sponsored by Girls on the Run. The New Bedford group had been training for the last ten weeks, staying after school for coaching in running while at the same time learning skills in leadership, responsibility and working together.

Through its different programs for girls in grades three-to-five and six-to-eight, Girls on the Run teaches empowerment partially through physical training but also by encouraging healthy habits for life.

Talking about the program, René said, "Our hope is through awareness of Girls on the Run, we are able to bring this program to other schools throughout the district. There is a waiting list at E.C. Brooks to participate in the program, so we know there is a need and demand for it."

To access the January 2020 issue of The South Coast Insider (including the article on page 16), please click [here](#). To learn more about *Girls on the Run*, click [here](#).

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