

# READ AT YOUR OWN PACE

**Reading and exercise are mutually beneficial.**  
Each has the power to brighten your spirit, stimulate your imagination and improve your health.

Mind Body & Sole is a wellness activity and learning experience for the whole family to enjoy.

Simply read 26 books, e-books or articles and run/walk 26 miles or 52,000 pedometer steps between June 11 and September 10. It's like a complete marathon towards a better you.

Best of all, participate at your own pace. You're more likely to read and exercise if it's convenient. Mind Body & Sole is so easy, it practically runs itself.

Sign up now at your nearest Akron-Summit County Public Library to receive a Summer Reading Program bag plus a pedometer and MB&S scorecard. Complete the program and receive a cool t-shirt, backpack tag, and you'll be included in drawings for great prizes.

Take the first step to a happier, more productive life. Find out more about Mind Body & Sole at [www.akronlibrary.org/mbs.html](http://www.akronlibrary.org/mbs.html) or contact your local branch library.



## MIND, BODY & SOLE

Start your summer reading on the right foot.



**AKRON  
MARATHON**

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Cuyahoga Valley  
National Park

**MetroParks**  
SERVING SUMMIT COUNTY

