



MIND, BODY & SOLE
READ AT YOUR OWN PACE

Mind, Body & Sole Indoor Walking Tour



**Join the staff
from the
Science &
Technology
Division's
Health
Information
Center for a
1-mile walk
through Main
Library.**

**Saturdays
June 14, 21, 28,
10:30 am and
11:30 am**

Wear comfortable shoes and meet at the Science & Technology reference desk on the 1st floor of Main Library 5 minutes before the program starts. When you have completed the tour, be sure to add your accomplishment to your Mind, Body & Sole exercise log!



330-643-9075

**Akron-Summit County
Public Library**

Science & Technology Division
60 S. High Street, Akron, OH 44326

www.akronlibrary.org