



# Mind, Body & Sole Indoor Walking Tour

MIND, BODY & SOLE  
READ AT YOUR OWN PACE



**Saturdays**  
June 13, 27,  
July 11, 18,  
August 1, 8,  
10:30 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 accomplishments to your Mind, Body, & Sole exercise log!

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



**Akron-Summit County Public Library**

330-643-9075

Science & Technology Division  
60 S. High Street, Akron, OH 44326  
[www.akronlibrary.org](http://www.akronlibrary.org)

ST-7340/300/4-15/pp



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# **Celebrate Urban Birds and Enjoy a Mind, Body & Sole Half-Mile Outdoor Hike**



**Every Thursday,  
June 11-August 6,  
12:15 pm**

**Spend 10 minutes as a Citizen Scientist, participating in the weekly bird count Celebrate Urban Birds then come along on a half-mile hike of the block around Main Library. Bring your binoculars if you wish, wear comfortable shoes and meet in the Library Park at the corner of Main and Mill Streets every Thursday. When you have completed the hike, be sure to add your accomplishments to your Mind, Body, & Sole exercise log!**

