



Mind, Body & Sole: Imagine Your Story!

June 8 –August 1, 2020



This summer, make reading and exercise a part of your day—every day. Both have the power to brighten your spirit, stimulate your imagination, and improve your health.

Mind, Body & Sole: Imagine Your Story! is our reading/wellness experience for the whole family to enjoy. Now more than ever, reading and exercise are important, and Mind, Body & Sole is so easy, everyone will want to join in!

Ready to get started?

Sign up starting June 8 online at www.akronlibrary.org or pick up a paper log at the Library during Outside Pick-Up starting June 29.



From June 8-August 1, check off each day you read and are active—running, walking, bicycling, yoga, gardening, outside play, physical therapy, and more—on your reading and movement log.

Read and stay active for 26 days and, you will be rewarded with a fun Mind, Body & Sole “goodie bag” starting August 3. You will also be entered into a drawing for an end-of-summer prize basket.



Take the first step to a happier, more productive life. Find out more about Mind, Body & Sole: Imagine Your Story! at www.akronlibrary.org, or contact your library.



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