

# SOLE MATES' COMMUNITY WALK

Coos Bay Library, Oregon Health & Science University (OHSU), and twenty community members formed the Sole Mates to learn the effects of walking as a group and engaging civically to improve public health and local walkability. Sole Mates used funds awarded by OHSU to create a free walking guide to inspire other community members to walk and get healthy. The Mates invite you to walk these trails!

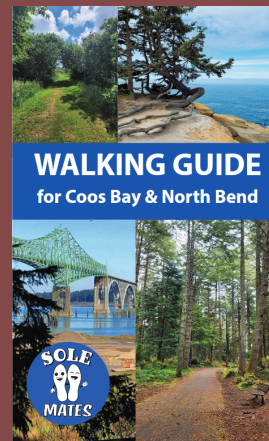
*Get a physical copy of the guide at the library or download it @ <https://www.coosbaylibrary.org/sole-mates>*

## Let's walk!



**COOS BAY**  
PUBLIC LIBRARY

525 Anderson Avenue  
Coos Bay, OR 97420  
(541) 269-1101  
<http://coosbaylibrary.org>



## Saturday, August 23

### @ 10:00am

### Mingus Park

(Meet & park by baseball field, 230 N 10th St)

## We meet every 4<sup>th</sup> Saturday!