

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!

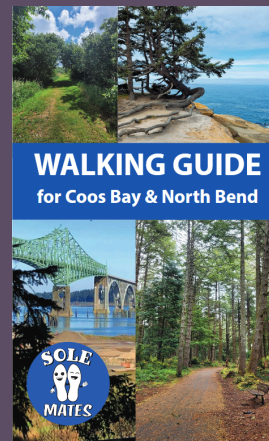
Get a physical copy of the guide at the library or download it @ <https://www.coosbaylibrary.org/sole-mates>

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

Millicoma Marsh Trail

(298 4th Ave in Eastside)

We meet every

4th Saturday!