

UPCOMING BEACHWALK BENEFITS EXTEND BEYOND HOUSING

Come join the excitement and gain benefits at the annual community event, the Florence Habitat for Humanity's BeachWalk fundraiser, on Sept. 12, from 9 a.m. to 1 p.m.

The BeachWalk starts at the North Jetty and continues to Driftwood Shores. All people and leashed dogs are welcome to be a part of this enjoyable walk that celebrates Habitat for

Humanity's mission to eliminate poverty housing in the world.

Walkers will be entertained with music, have refreshments, can hunt for glass floats and

keep what they find, and participate in a sand sculpture contest with awards. Any walker raising at least \$100 will automatically be given a Habitat T-shirt.

There are 10 benefits of beach walking that Habitat will share with you in the upcoming weeks, right up to the walk itself.

The second benefit walking the beach is called "Grounding," also known as "Earthing." This allows free electrons to be absorbed through the soles of your bare

feet as you walk on the sand.

These electrons have a strong anti-oxidant effect and may reduce inflammation in the body, according to research.

Like bare feet, leather shoes actually maintain conductive contact with the earth, while rubber soles or plastic shoes do not. Walking without shoes on shorter walks can be very beneficial. It is recommended that a good support pair of shoes be worn for longer beach walks to help protect and support your feet, unless you are accustomed

to walking bare footed.

Florence Habitat seeks individuals and organizations to join in its fight against substandard housing. Anyone who would like to volunteer or donate time or money can pick up a brochure form and a donation envelope for the 2015 Habitat BeachWalk at the Florence Habitat for Humanity office in the Grocery Outlet shopping center.

For more information, call 541-902-9227.



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Friday 7/17	George Sullivan Paul Ricard	Florence Florence	Potter's Tire Factory Safeway
Saturday 7/18	Dee Hartley MaryLou Howland	Florence Florence	Abby's Pizza Grocery Outlet
Sunday 7/19	John Oakley Sherry Oakley	Bend Bend	Heceta Beach RV Park Safeway
Monday 7/20	Mary Phillips Lien Limpus	Florence Reedsport	Three Rivers Casino Resort Grocery Outlet

Each winner receives \$50.00 in Community Cash!
Winners have 7 days from the date drawn to claim their prize.

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