

Join Walk Kansas

**WALK KANSAS 2019
AN 8-WEEK HEALTHY
LIFESTYLE CHALLENGE!**

Gather your team of six
people by March 15!

Register online at
www.walkkansas.org or
by contacting your local
K-State Research and
Extension Office.

K-STATE
Research and Extension
Walk Kansas

**CELEBRATE
HEALTHY
LIVING**

**MARCH 17
TO
MAY 11**

Start your journey toward a healthier life!

Local K-State Research and Extension Office contact: