



WALK KANSAS

March 31 - May 25, 2024

Go solo or gather a team of two - six people to walk across the state in this eight-week healthy lifestyle challenge focusing on



Sunshine



Exercise



Healthy Food



Hydration



Relaxation



Sleep

Register online at walkkansasonline.org March 4 - April 4.

If you reside in Crawford, Labette, Wilson, or Montgomery County, register under the "Wildcat District"

Payment accepted online and in-person.



Holly Miner
(620) 331 - 2690
haminer@ksu.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.