

# Join Walk Kansas

**WALK KANSAS 2020  
AN 8-WEEK HEALTHY  
LIFESTYLE CHALLENGE!**

Gather your team of six people by March 13!

Register online at [www.walkkansas.org](http://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 15  
TO  
MAY 9**

**Start your journey toward a healthier life!**

**Local K-State Research and Extension Office contact:**