

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!



SUNSHINE



EXERCISE



HEALTHY FOOD



HYDRATION



RELAX



SLEEP

WALK KANSAS

March 31 - May 25, 2024

Gather your team of six or go solo this year.

Register online at WalkKansas.org or by contacting Lisa Newman at lnnewman@ksu.edu or 785-392-2147.

Registration opens March 4 | \$10 per person

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