



# WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

March 30 - May 24, 2025

*Gather your team of six or go solo this year.*

Register online at [WalkKansas.org](http://WalkKansas.org) or by contacting your local K-State Research and Extension office.

**Registration open March 3!**

**K-STATE**  
Research and Extension

Walk Kansas

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