



**[25]**  
YEARS

# WALK KANSAS

[www.walkkansas.org](http://www.walkkansas.org)

- Be more active with friends and family
- Make healthy nutrition choices
- Walk away your stress

Register here: [www.walkkansas.org](http://www.walkkansas.org)

Contact Jamie Rathbun  
785-524-4432, [jrathbun@ksu.edu](mailto:jrathbun@ksu.edu)



**REGISTRATION OPENS  
MARCH 3RD**

Walk a solo trail or  
as a team of up to 6!

**March 30-  
May 24**

An 8-week  
challenge  
toward  
healthy  
living

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