

# JOIN THE WALKING CHALLENGE

# WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

## March 22 - May 16, 2026

*Gather a team of coworkers, friends, family, neighbors - hit the (virtual) trail and make Kansas your walking adventure!*

Register online at [walkkansasonline.org](http://walkkansasonline.org) or contact your local K-State Extension office for more information.

**Register by March 31st    Cost: \$10/person**

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