

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 WalkKansas.org or contact your local K-State Extension office for more information.

Registration open March 1 - 31!
Cost: \$10/person



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Extension

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