

# WALK KANSAS 2024

March 31st - May 25th

Walk Kansas is a team-based program designed to help you live a healthy lifestyle!

Join our 8 week program to be more active, eat more fruits and vegetables, reduce stress, and have fun with your coworkers, friends and family. You may also qualify to earn health insurance wellness points (check with your organization if this incentive is offered).

## How it works:

- Gather a team of 6 people, or sign up for the solo option.
- Choose a captain and pick a fun team name.
- Select a challenge to complete.
- Start moving, have fun, and record your progress!

## Featuring:

- Weekly motivational emails
- Virtual cooking class (registration required, space is limited)
- Virtual nutrition webinar
- And more!



**REGISTRATION  
OPENS  
MARCH 1st**  
[walkkansas.org](http://walkkansas.org)

\$10 per person



[johnson.k-state.edu](http://johnson.k-state.edu)



[foodhelp@jocogov.org](mailto:foodhelp@jocogov.org)



(913) 715-7000

**K-STATE**  
Research and Extension

Walk Kansas

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the JoCo KSRE Office two weeks prior to the start of the event at (913) 715-7000. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.