

K-STATE

Research and Extension

Post Rock District

WALK KANSAS

www.walkkansas.org

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

Visit any Post Rock Extension District office to learn more or find paper registration materials.

Contact Jamie Rathbun at 785-524-4432 or jrathbun@ksu.edu.

March 31-
May 25

An 8-week
challenge
toward
healthy
living

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 event contact, Jamie Rathbun, two weeks prior to the start of the event March 15, 2024 at 785-524-4432, jrathbun@ksu.edu. 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.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

