

*Need motivation, support, and guidance to exercise? Sign up for the . . . .*

## *COUCH TO 5K*

The program includes Education, Workout Sessions, and Motivation to begin a journey toward a healthier you! Each session will have stretches to release stress and make you feel good, walking or jogging, and relaxation cool down. The exercises are simple and beneficial to all fitness levels.

The goal of this 10-week program is to complete an area 5K walk as a team. *\*This is not required to join the program.*

**When: Thursdays May 26<sup>th</sup> – July 28<sup>th</sup>**

**Where: Meet at Schlagle track**

**Time: 5:00pm-6:30pm**

*Call Kate Foster, Wellness Coordinator  
at 913.279.2030 or [kafoste@kckps.org](mailto:kafoste@kckps.org) to  
sign-up or for more information.*

