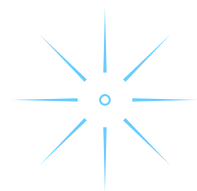




Fitness Challenge

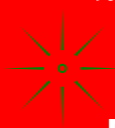
Date: 09/17/08

Time: 8:00-9:30

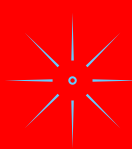


**Help raise your awareness
about the positive effects
walking has on obesity and
diabetes. Join us for a boxed
dinner and the steps challenge
along the Shunga Trail! The
Shunga Trail is conveniently
located behind the Capitol
Plaza Hotel.**

*Working toward a
healthier Kansas!*



**Prizes will be
awarded to
individuals who have
walked the most
steps!**



**Sign up by contacting
Aundrea Shafer at:
aundrea.shafer@washburn.edu**