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NEK Community Run/Walk Club Being Organized

A northeast Kansas area run and walk club is being organized as a free activity to promote health and fitness for any age.

The Northeast Kansas Community Run and Walk Club will be training for a Fun Run/walk 5k race in Highland on June 21 and other races through Thanksgiving.

The club will be following a Walk to Run program that is perfect for any fitness level. The running group will meet twice a week starting Sunday, April 13, in Highland at 5 in the evening and in White Cloud on Wednesday nights at 6:30.

During run times, a Kids Fit Camp will be available for children ages three and up. During the Camp, children will play active games to promote a healthy lifestyle and fun. The Kids Fit Camp is only available to Run/Walk Club members and those interested in participating must attend an informational meeting on Thursday, April 10th at 6 in the evening at the Walters Wellness Center on the Highland Community College campus or contact Crystal Tracy at 816-244-6266 before the first Run/Walk Club meeting.

Club activities are sponsored by the IHS Diabetes Prevention Program of White Cloud, KS and the Walters Wellness Center at Highland Community College.

Many Signals Communications