



The Capital City Wellness project is designed to increase daily physical activity among employees in Downtown Topeka and to promote the Capitol Midweek Farmers' Market as both a walking destination and a resource for increasing access to fresh, local produce.

Join us for the launch of this initiative!

**Friday, April 4
11:30am-1:00pm
South Steps of the State Capitol**

**News Conference and Ceremonial Walk around the Capitol
will begin at 12:00 PM**

**Presenting:
Lt. Governor Parkinson
Roderick L. Bremby, Secretary of KDHE
Andy Corbin, President and CEO of Blue Cross and Blue Shield of
Kansas**

The walk will be led by Downtown Topeka business leaders. All downtown employees are encouraged to participate in the walk. Tables with information, maps, magnets, calendars, and more will be set out at the location between 11:30 and 1:00pm.

Visit: www.kdheks.gov/capitalcitywellness for upcoming events, downloadable maps (when completed), listings of local races, and healthy resources.

For more information, please contact: Jennifer Church,
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