

Dear KC-CDC- My neighborhood group wants to start a walking program. What help can you give us? **Ready for Spring**

Dear Ready for Spring – KC-CDC has over 30 health walks in Kansas City, MO and Kansas City, KS. One of these may just be right for your group. We also have a fitness and nutrition planner log that each member of your group can have. It is a handy way to keep track of the types of food you are eating every day as well as the distance walked. There's even a chart to track your weight over the course of a month. Call the office at 816-245-8523 to get your copies.