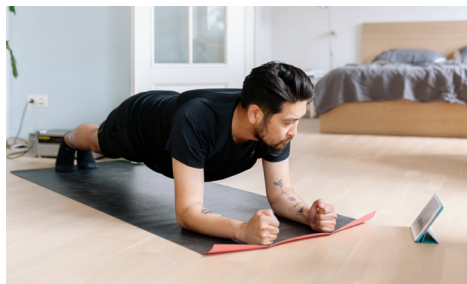
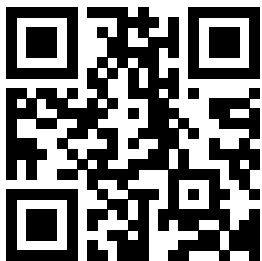


# WALKT<sup>o</sup>BER™



Refresh your mind, body, and spirit with Walktober.

It's important to take care of **yourself and each other.**

Join Walktober to move more, connect with your co-workers, and nurture your well-being.

## Key Dates

Sep 19	Registration opens
Oct 1	Program begins
Oct 31	Program ends

Sign up at [kp.org/gokp](https://kp.org/gokp)



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**healthyworkforce**  
For the people who power KP