

Health & Wellness 101

December 10, 2019 4:00 PM

The K.A.W.S.

2144 N. McCulloch Blvd - Lake Havasu City

Roger Naylor

Will present



Since 2007, Roger has written most of the travel articles for the Arizona Republic. Last year, he was inducted into the Arizona Tourism Hall of Fame. Roger is an avid hiker who promotes the physical and mental benefits of hiking on trails around the state. Earlier this year, we partnered with him to create this page about our hiking trails: <http://gohikehavas.com/>. His fifth book is about the Arizona State Parks system. It will be released this fall.

***For more information call 928-453-8190 * www.havasucommunityhealth.org
Havasus Community Health Foundation***



Health & Wellness 101 is a program under the umbrella of **Havasus Community Health Foundation**, a 501(c)3 public charity.

94 Acoma Blvd. S. Suite 101, Lake Havasu City, AZ 86403