

# Walk'n Talk—September, 2019

Brought to you by  
**Havasú**



## Healthy Striders

The Healthy Striders  
Committee:  
Linda Scoles, Chairperson

Debbie Hypes  
Jan Klatt  
Connie McDaniel

Visit the HCHF website for  
more information about  
the first three activities in  
the

## Community Corner

## Get on Your Feet!



Under the umbrella of  
**Havasú Community  
Health Foundation**

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Vol.12, Issue 06

September, 2019

The Back to School Health Fair and Free Swim day was a big success!!! Over 400 people enjoyed the swimming and delicious pizza from the Elks Lodge 2399!! A big thank you to them!! We are sorry if you were turned away because of capacity.

The Havasu Half is in the full planning stages! We had a very successful Preview and Fun Run Photo Shoot with over 50 participants who came out in the heat and humidity to help us with our advertising. We got some great pics by Jillian Danielson with River Scene Magazine and by Susan Stocker. Thanks to both of you!!! Go to [runhavasú.com](http://runhavasú.com) to register for the Half or the 5K.

The YOUmatter Suicide Awareness Walk is September 14, 2019.

The Community Health Fair and Breast Cancer WALK IS October 5<sup>th</sup> from 8:00 a.m. to noon.

The Movin' For Memory Walk is November 2, 2019.

The Jingle Bell Walk is December 7<sup>th</sup>, 2019.



## Community Corner

#YOUmatter;  
Suicide  
Awareness &  
Prevention Walk,  
Sept. 16th

Breast Cancer  
Awareness Walk  
Oct 7<sup>th</sup>!!

Jingle Bell Walk  
Dec 2<sup>nd</sup>!!!

Saturday walks  
are at 6:30a.m.  
in front of the  
swim area at  
Rotary Park



## Walker of the month Carol Miraz

Carol Miraz is our walker for September. She is 58 years young and has been with her boyfriend for 16 years. She has 3 children and 1 grandson. She moved to Lake Havasu from Los Angeles 15 years ago and is not working at this time.



Carol exercises 4-5 times a week and says it makes her feel good. She loves to walk, run, Zumba, TRX, weights and play pickle ball. She goes to Titan Gym and also Planet Fitness.

Carol says she has no health issues at **this time and exercise has helped with her sobriety.** It's good for anxiety, gives you energy and makes you just feel good all over. Whatever your exercise, get up so you feel good and

## Get On Your Feet!!!

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# Swim Day 2019

