

Walk'n Talk—September, 2018

Brought to you by
**Havasu
Healthy Striders**



**The Healthy Striders
Committee:**
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Kyra May
Connie McDaniel
Heather Minery
Viilma Urbina

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

**Community
Corner**

**Get on
Your Feet!**



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

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

Phone: 928 453 8190
Fax: 928 453 8236



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We hope everyone is staying cool and having a healthy, adventurous summer!!

Once again, our Free Swim Day was a great success!!! It's such a great family event and we enjoy the opportunity to give back to Lake Havasu! A big thank you to the Elks Lodge 2399 for the delicious hot dogs and cold water! We so appreciate all the hard work you do for this wonderful event!! Thank you to those who came and swam, ate and had a great time!!! We are so sorry if anyone was turned away due to the full capacity!!

Mark your calendars for the following walks: The #YOUmatter; Suicide Awareness & Prevention Walk is September 15th at Rotary Park. The rally starts at 7:30 am and the walk at 8:00 am. Registration is \$20 including a T-shirt.

The Breast Cancer Awareness Walk is October 6th at Rotary Park. The rally starts at 7:30 am. It is \$20 for adults and \$15 for elementary and middle school children. T-shirts are \$15. Be sure to stay for the Health Fair!!

The Jingle bell Walk & Ugly Sweater Contest is December 1st at the Grand Island Park. Registration is \$10 per participant and \$25 for a family of 3 or more. T-Shirts are \$15. Come out and support all these fun walks for great causes!!

Walker of the month Collette Copeland

Collette Copeland is our walker for September. She is 62 years young, has been married for 41 years (awesome), and has 2 children and 1 grandchild. She moved to Lake Havasu 2 years ago from Oak Hills, California, and is retired.



Collette exercises for her health, and loves to walk 3-4 times a week with a friend at Rotary Park. She says walking has helped with cardio and digestive issues.

Collette says when walking you get to see things and breathe clean air and enjoy the outdoors.

When walking outside you also get plenty of vitamin D!!! Starting an exercise program is easy; just grab a friend, get out, get some fresh air, get healthier and

Get On Your Feet!!!

Community Corner

**You Matter Walk
September
15th!!**

**Breast Cancer
Awareness Walk
Oct 6th!!**

**Jingle Bell Walk
Dec 1st!!**

**Movin' For
Memory Walk
Nov 3rd**

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



Contributors:

Linda Scoles

Editor: Lori Miller

Contact: Linda Scoles

Phone: 928 208-9150

E-mail: larrylinda1@yahoo.com