

# Walker of the Month — June, 2017

Brought to you by  
**Havasu  
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  
**Havasu Community  
Health Foundation**

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

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June 2017

## Walker of the month Patricia Landry

Patricia Landry is our walker for June. She is 79 years young and has been single for over 30 years!! She moved to Lake Havasu from Connecticut almost 37 years ago. She has 4 grown children. She is a Broker Associate and works part time at Lake Havasu City Properties.



Pat says she has always loved any outdoor activity and exercising. She was able to really get started in an exercise program when she was able to slow down at work. She exercises at least 5 days a week if possible.

She developed a cholesterol problem, and the prescribed medication caused her muscles to **become weak. However, by exercising she's been able to reduce the dosage to 10mg and is hoping to get off it.** She also developed a thyroid problem and has gained extra pounds, which she does not like.

**Pat says don't wait until you have a problem. Diet and exercise is the way to go to a healthy life. Just do as much as you can, and try something you enjoy so you will want to continue. She says to keep your legs moving!!! Let's all get our legs moving and "Get On Your Feet"!!!**

## Community Corner

### June 15 is World Elder Abuse Awareness Day.

8 am to noon at the  
Aquatic Center  
Community Room.  
Free to attend, but pre-  
registration is required  
at Havasu Community  
Health Foundation.  
928-855-5000

### Free Family Swim Day, Saturday, August 5th

noon to 4 pm at the  
Aquatic Center.(see  
page two)

### Havasu Stickem August 5th,

8 am to noon.  
Free school  
immunizations and  
more. Find details on  
the HCHF website  
(see below)



### Contributors:

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**Chairperson:  
Linda Scoles**

**Havasu  
Healthy Striders  
Committee:**

**Debbie Hypes  
Jan Klatt  
Connie McDaniel**

# Havasu Healthy Striders

You are invited to be our guests:

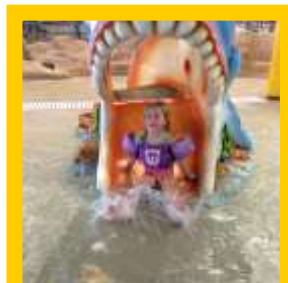
## Havasu Swim Day

### Free Open Swim

### Noon to 4:00 PM

### Saturday, August 5, 2017

### Lake Havasu City Aquatic Center



Fun  
for the  
entire  
family!



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Elks Lodge #2399  
is generously providing  
free hot dogs  
for swim day participants!



## “Get On Your Feet”

[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)