

Walker of the Month — July, 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**

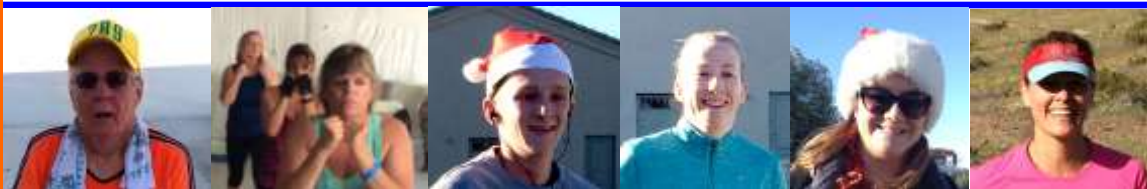
**Get on
Your Feet!**



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

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

Phone: 928 453 8190
Fax: 928 453 8236



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June 2017

Walker of the month Jing Wiebe

Jing Wiebe is our walker for July. She is 62 years young and has been married for 11 years. She moved to Lake Havasu City from Anaheim, California, 7 years ago and is retired.



Jing exercises 5 days a week at Titan Gym. She does Tai Chi, Stretch and Tone, and Spinning. She says she exercises to be healthy and strong. Exercise has also helped her with her arthritis. She is a regular at the Healthy Striders Jingle Bell Walk in December!! Thank you for your support!

Jing says to keep on moving!!! It keeps you energized and allows you to meet positive and inspiring people along the way!!! Exercise is always a great way to meet new friends, to get inspired and helps you to

“Get On your Feet!!!”

Community Corner

**Free Family
Swim Day,**
Saturday,
August 5th
noon to 4 pm at
the Aquatic
Center.

**Havasu
Stick ‘Em**
August 5th,
8 am to noon.
Free school
immunizations
and more. Find
details on the
HCHF website



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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:

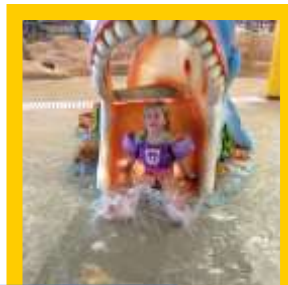
Havasu Swim Day

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