

Walk'n Talk—September, 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

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Vol.10, Issue 06

September, 2017

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 to Havasu! A big "thank you" to the Elks Lodge 2399 for the great hotdogs 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 reaching full capacity!!



Mark your calendars for the Breast Cancer Awareness Walk Oct 7th. The rally starts at 7:30 am. It is \$25 for adults and \$15 for elementary and middle school children. T-shirts are included. Be sure to stay afterwards for the Health Fair!!

Walker of the month Dee Alexander

Dee Alexander is our walker for September. She is 74 years young, a widow with 2 boys. She has lived in Lake Havasu for 50 years, and hails from the San Francisco Bay area. She retired from Safeway in Lake Havasu after 23 years.



Dee says she exercises for weight control and joint health. She walks every day at least 3 miles, usually in her neighborhood or at Rotary Park or the Island.

Dee tells people that walking enables you to get outside and enjoy our great scenic city and its fresh air, where you can talk to yourself and not worry about being overheard!!! Even if you have no one who wants to walk, get out there and enjoy our beautiful city and

Get On Your Feet!!!

Community Corner

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

Breast Cancer
Awareness Walk
Oct 7th!!

Jingle Bell Walk
Dec 2nd!!!

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



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2017 Family
Swim Day

Thanks Elks Lodge
2399 for supplying
Hot Dogs & Cold Water
again this year!

