

# Walk'n Talk—October, 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**

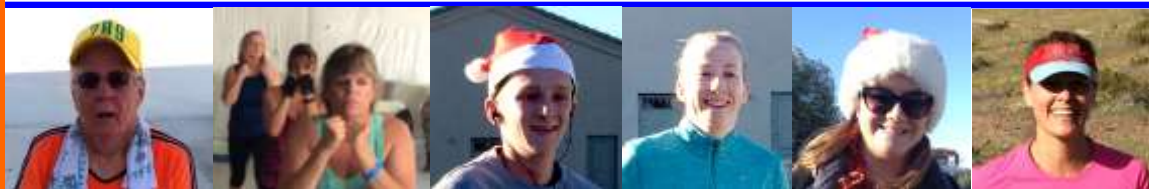
**Get on  
Your Feet!**



Under the umbrella of  
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Hope everyone had a great summer!! The weather is cooler now, so we hope everyone is taking advantage of it and getting on their feet!!!

We are starting to plan our annual Jingle Bell Walk and Fun Run scheduled for December 2, 2017!! We will have the popular "Ugly Sweater Contest", our famous raffle basket and lots of raffle prizes!!! The price is \$10 per registrant and \$25 for a family of 3 or more. Some T-shirts will be available. A registration form is attached!! Come out and enjoy this fun family event!!

Don't forget the Breast Cancer Awareness Walk and Health Fair on October 7<sup>th</sup>, 2017. The rally starts at 7:30 am, runners at 8:00 with walkers following. The cost is \$25 per registrant, which includes a t-shirt. There will be lots of great information and vendors!!

## Community Corner

Jingle Bell Walk  
and Fun Run  
Dec 2, 2017.

Breast Cancer  
Awareness Walk  
Oct 7, 2017.

Saturday walks  
are at 7:00 a.m.  
in front of the  
swim area at  
Rotary Park.



## Walker of the month Jenny Slettebo

Jenny Slettebo is our walker for October. She has been married to her high school sweetheart, Mike, for 35 years, and according to Jenny he is an amazing man. (That's just awesome!!) They have 2 beautiful daughters, Sara and Sammy Jo (Yes they are!). They also have 2 very handsome grandsons, Tyler (14) and Andrew (11), and 2 adorable granddaughters Gemma Belle (7) and Ellie (3). Jenny came to Lake Havasu from California 27 years ago, but she grew up in Iowa. She currently works for the Lake Havasu City Operations Department, and has done so for 22 years.



Jenny is an amazing Zumba Instructor at Titan Gym, the best gym in town! She exercises because "it makes her feel good and gives her energy". She has an amazing amount of energy teaching Zumba! She also lifts weights, walks and enjoys biking.

Jenny says she has always done some sort of exercise all her life, but 7 years ago found a true passion for fitness. In 2009 her life was turned upside down when she was diagnosed with stage 3 breast cancer. She went through reconstructive surgery, 4 months of chemo treatments, 37 rounds of radiation and 6 surgeries all within a year. After 2 years she felt better physically, but mentally she wondered how she could ever go back out in the real world since she was a different person. One day her daughter said to go check out a Zumba class, but she had no idea what it was. She needed to get out of the house, so they both went to Sandy Hickox' Zumba class. As soon as Sandy started moving, Jenny looked at her daughter and smiled. She rarely missed a class after that, and 2 years later became a Zumba Instructor!! She says it's hard work but she tries to make it look easy and hopes it brings joy to the people who join her. Exercise makes her feel good, keeps her fit, smiling and energized! Jenny says it's never too late to find your true fitness passion; it's out there, go after it and try something new!! She says a "Healthy Life is a Better Life!" So get out there and make a better healthier life and

**Get On Your Feet!!!**

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