

# Walk'n Talk—November 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



Vol.10, Issue 08

November 2017

We are starting to plan our popular Jingle Bell Walk and fun run December 2<sup>nd</sup>!!! We hope you are working on your ugly sweater!! Don't forget the first prize is \$50, second \$25 and third is \$10. We have our raffle basket valued at \$300 as well as raffle prizes. Registration starts at 8:00 and the walk/run starts at 9. The cost is \$10 per person or \$25 for a family of 3 or more!! You can register online or at the Havasu Community Health Foundations at 94 Acoma Blvd. Suite 101. Feel free to call for more information at 928-453-8190.

We are also starting to plan our 2<sup>nd</sup> Spring Into Health fun bike race, run, walk, Zumba Strong, Zumba, and Yoga and much more February 11th! Check out Facebook and our newsletter for more information!!

## Community Corner

Jingle Bell Walk  
is Dec 2<sup>nd</sup>,  
2017!!

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

## Walker of the month Margaret Athas



Margaret Athas is our walker for November. She is 84 years young, has a daughter and 3 sons. She is originally from Iowa and spent most of her adult years in Baltimore Md. She divorced in 1975 after 23 years of marriage. She had a florist & unique stuff shop for 25 years. She retired in 2007 and moved west to Los Lunas NM, and then to Lake Havasu where she has lived for 1 ½ years.

Margaret attends Havasu Fitness for a cardio workout three times a week and walks every morning from Acoma down to Lake Havasu Ave and then back to Acoma.

Margaret is a great example of staying active!! Whatever your age is there is no time like the present to start an **activity whether it's walking, the gym or any fun activity** that helps you to

**Get On Your Feet!!!**



Contributors:

Linda Scoles

Editor: Lori Miller

Contact: Linda Scoles

Phone: 928 208-9150

E-mail: larrylinda1@yahoo.com