

Walk'n Talk—October, 2018

Brought to you by
**Havasu
Healthy Striders**



**The Healthy Striders
Committee:**
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Kyra May
Connie McDaniel
Heather Minery
Vilma Urbina

Visit the HCHF website
for more information
about the first three
activities in the

**Community
Corner**

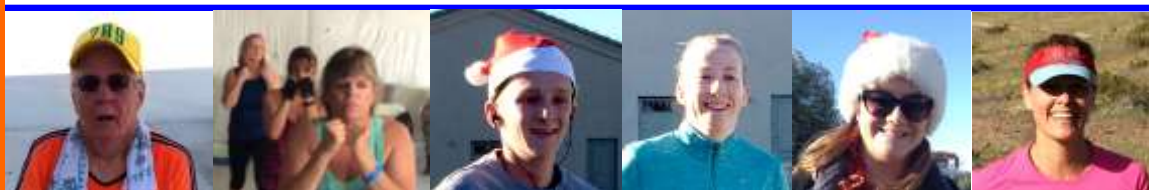
**Get on
Your Feet!**



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

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Mark your calendars for December 1st for the Jingle Bell Walk and Fun Run and Ugly Sweater Contest!! It's held at Grand Island Park on the Island. This year, we will have our huge raffle basket as well as other prizes and lots of giveaways. Grab some friends and let's make this the biggest Jingle Bell Walk ever!!!

Don't forget about the Breast Cancer Awareness Walk October 6th. Come out and support this great cause and join us and others at the Health Fair. The rally starts at 7:30 am with the walk and Health Fair afterwards.

Walker of the month Vilma Urbina

Vilma Urbina is our walker for October. She is 34 years young, has been married to Sergio Gonzalez for 4 years and has a son, Eli, who is almost 2 years old. She moved to Lake Havasu 14 years ago from Chico, California. She is the owner of three Gems Assisted Living homes. Vilma was named Woman of the Year for



2018 by Women with Willpower. Congratulations!

Vilma is trying to better her health and has lost 35 pounds by walking (way to go Vilma!) She wants to be able to play with her son; 35 pounds ago that was really hard to do. She says there were times when she wanted to give up, but her walking partner encouraged her to get up and go. It's always nice to have someone to walk with!

Vilma says she tries to walk every day, but at least 5 days a week. She walks at Rotary Park, does 5 sets of stairs at the bridge, and goes to Planet Fitness. Vilma has Fibromyalgia, which has been a problem. Walking has helped her with some of the symptoms. Her diabetes has improved, and her high blood pressure and cholesterol numbers have gone down along with her weight.

Vilma says JUST DO IT! It gets easier the more you do it, and helps when you have a partner to keep you accountable. Since she has been walking for 12 weeks now, it has become routine. Like I've said before, grab some friends, get out there and

Get On Your Feet!!!

Community Corner

**Breast Cancer
Awareness Walk
Oct 6th!!**

**Jingle Bell Walk
Dec 1st!!**

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



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