

Walk'n Talk—November, 2018

Brought to you by
**Havas
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
**Havas
Community
Health Foundation**

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The Jingle Bell Walk/Run is a little over a month away!!! This year we are adding several great raffle baskets as well as our annual exercise basket!!! You are going to want to bring plenty of money!! The cost for participants is \$10 per person and \$25 for families of 3 or more. Lots of Xmas music, goodies and the Ugly Sweater Contest is always fun and the winner gets \$50!! So bring lots of friends as well as friendly fur babies!!

The Dementia Connection Movin' for Memory Walk is Saturday, November 3rd, at Rotary Park Ramada C. This is for a great cause so you don't want to miss it!!

Community Corner

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

**Movin' For
Memory Walk is
November 3rd!!
Hosted by
Dementia
Connection of
Havas**

**Saturday walk
is at 7:00 a.m. in
front of the swim
area at Rotary
Park.**



Walker of the month Denise Johnk

Denise Johnk is our walker for November. She is 61 years young (her birthday is in December) and has been happily married for 16 years. Together they have 6 children and 10 grandchildren who are the lights of their life!! She and her husband moved from Pigeon Forge, Tennessee, to Lake Havasu 12 years ago. She has been working at Gem Assisted Living for almost 2 years. She left her job of 11 years to work at Gems for Vilma Urbina, who is also a great friend and walking buddy. Denise says she has always loved to walk. In the past, she **didn't have time because of her job. A couple years ago she decided she should start walking, so she started hiking on weekends with a hiking group and loved it. She didn't hike in the summer so she started walking the park and at the Island.**

Denise has been working weekends only, but is going part time in January. She plans on starting every day off with 10,000 steps before going to work. She says it's a great way to start the day, especially at Rotary Park!!

Denise says she's pretty healthy and hadn't gone to the doctor in years until a couple of months ago. She couldn't believe the great report she got! All her numbers were perfect and believes walking helped.

Denise says many people have so many health issues that could be prevented if they would only get moving!! She saw firsthand from her doctor's visit how exercise can make you healthy. She only takes vitamins, and has much more energy than she used to. She feels great and usually does not get sick. She believes it's because she walks, and everyone should give it a try! Get off the couch, give it a try, grab a friend and

Get On Your Feet!!!



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