

# Walk'n Talk—February, 2019

Brought to you by  
**Havasu  
Healthy Striders**



The Healthy Striders  
Committee:  
Linda Scoles, Chairperson

Debbie Hypes  
Jan Klatt  
Connie McDaniel  
Vilma Urbina  
Heather Minery

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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Hope everyone's New Year is off to a great start!!! For the most part the weather has been good for walking, jogging or going to the gym of your choice. Just keep moving!!!

The Havasu Community Health Foundation is having a winter Health Fair February 2<sup>nd</sup> from 8:00 am – Noon in the Relics and Rods room at the Aquatic Center. There will be vendors and lots of good information there. For more information contact the HCHF at 928-453-8190. Hope to see a big crowd there!!!

Follow us on Facebook for news events, information and updates from the HCHF.

## Community Corner

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

### Walker of the month Brigitte Wittgren

Brigitte Wittgren is our walker for February. She is 74 years young, divorced and has 2 children and 4 grandchildren. She moved to Lake Havasu from Indiana where she was a district manager and consultant. In Havasu she was a school bus driver and is now retired.



Brigitte enjoys walking at Rotary Park, exercising and socializing at Titan Gym. She does Tai Chi, Stretch and Tone and kayaks several days a week. She does some form of exercise 7 days a week.

Brigitte exercises to keep breathing (she has asthma) and to keep her joints moving. Brigitte likes to exercise outdoors and at the gym. So get motivated to keep moving and



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**"Get On Your Feet"!**

[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)