

Walk'n Talk—April, 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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The Havasu Healthy Striders can finally announce we are bringing back the HAVASU HALF MARATHON!!!!!! We are so excited to have this great event back in Havasu!! Mark your calendars for April 4th, 2020. There will also be a 5K, vendors and so much more. Proceeds will help the You Matter Suicide Prevention Group and SAP (Student Assistance Program). Watch for more details.

The Cancer Association is having a golf tournament, "Tee Up For Cancer", April 13, 2019.

For more information on these events call the HCHF at 928-453-8190.

Follow us on Facebook for new 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 Jo Anne Ferguson

Jo Anne Ferguson is our walker for April!!! She is 68 years young, widowed with a stepdaughter who lives in Fort Smith, Arkansas. She moved to Lake Havasu a year ago from Lake Tenkiller, Oklahoma, where she lived for 18 years. Prior to Oklahoma she lived in California, but is a naturalized citizen from Winnipeg, Manitoba. She retired in 2013 and did accounting for several companies including Hyundai Motor Company and AseraCare Hospice.



Jo Anne loves the outdoors, walking and enjoying the energy that regular exercise brings her. Walking has **been a great way to make friends and she's met some very** nice people who enjoy the same activities she does. She exercises 3-4 times a week for just over 2 hours a day.

Great job!!

Jo Anne takes a brisk 3 mile walk in Rotary Park and the channel, combined with a step aerobics class at a local gym. She has a problem with a knee from an ACL injury but has been able to avoid a knee replacement by keeping fit and strengthening the muscles around her knee.

Jo Anne says exercising is great way to meet people **and do something good for yourself!! So let's all do** something good for ourselves and

Get On Your Feet!



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