

Walk'n Talk—October, 2019

Brought to you by
**Havasu
Healthy Striders**



**The Healthy Striders
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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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Fall is finally here and the weather is great for getting out there to either walk/run/bike or go to the fitness center!! Hope the summer was bearable for everyone.

We are starting to plan for our annual Jingle Bell Walk!! Look for some great fun changes this year!!!

We have been continuing to plan for our first Half Marathon. Go to runhavasu.com for details. We already have over 200 signed up!!!

Don't forget the following events:

The Community Health Fair and Breast Cancer Walk is October 5th from 8:00 am to noon!!
The Movin' For memory Walk is November 2, 2019.
The Jingle Bell Walk is December 7th, 2019.

Walker of the Month

Bob Feliciano is our walker for October. He is 79 years young but says his response on aging is, "I'm still not certain what I want to be when I grow up." He's been married for 2 years, has 2 daughters from a previous marriage and 2 sons with his current wife. He lost his youngest son to suicide and is now a big part of the #YOUmatter; Suicide awareness group.



Bob moved full time to Lake Havasu from Downey, California in 2016. He's been coming to Havasu since 1974 and bought a home in 2003. He was in Law Enforcement for 20 years, worked for himself for 12 years and then became a tenured professor for the next 20 years. In July he accepted a part time faculty position with ASU in Havasu.

Bob says he exercises to keep him active and feeling good. He tries to exercise 3 times a week but when it's hot it's difficult. He goes to 2 fitness centers and the city streets. He has arthritis, AFIP and Sleep Apnea but feels great..

Bob says our lives are like our heart, beats up and down but with hard work things will always work out!! Let's all get out hearts beating, get healthy and

"Get On Our Feet!"

Community Corner

**Jingle Bell
Walk/Run
Dec 7th, 9:00
a.m.**

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



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