

Walker of the Month — June, 2019

Brought to you by
**Havasu
Healthy Striders**



The Healthy Striders
Committee:
Linda Scoles, Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

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

**Community
Corner**

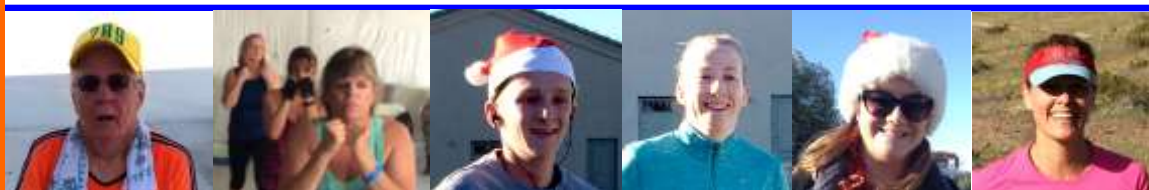
**Get on
Your Feet!**



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

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Walker of the Month Ashlee Byerley

Ashlee Byerley is our walker for June. She is 27 years young and works at Lake Havasu High School as an English teacher. She was born in California, but has lived in Lake Havasu her whole life.

Ashlee says she **exercises because it's her "me" time and**

loves to feel strong, healthy and confident (she **says Sandy Hickox's TRX class does all that!!**). She exercises 2-3 times a week mostly at Titan Gym, but takes to nature and also works out in her living room.

Ashlee says exercise has helped her most with her mental health as she suffers with anxiety and depression; this gives her a place to heal and re-center.

She states that you should exercise for **yourself and it's ok to want to for yourself: to not prove anything to the mirror, scale or even other human beings!!! Do it for you!!** She also **says to respect your journey and don't compare.** R-E-S-P-E-C-T as Aretha would say. The journey and destination are all yours; make them count!!! Start your own journey, respect yourself and



Get On Your Feet!

Community Corner

Back To School
Health Fair
8 am to noon

Free Family
Swim Day
August 3,
Noon to 4:00 pm

YOUmatter; Walk
September 14

Breast Cancer
Awareness Walk
October 5

Community
Health Fair
October 5

Movin' For
Memory Walk
November 2

Jingle Bell Walk
December 7

Find details on each event at
HavasuCommunityHealth.org



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