

Brought to you by  
**Havasú Health  
Walk Challenge**



**HHWC Committee:**  
Linda Scoles,  
Chairperson

Debbie Hypes  
Jan Klatt  
Laura Koch  
Connie McDaniel

### **Upcoming Events**

**HHWC/HCHF  
Color Dash  
January 11, 2014**

**A Fair of The Heart  
& Heart Health  
Awareness Walk  
February 22, 2014**

**3rd Annual  
Line Dance on the  
London Bridge  
March 2, 2014**



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

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# **Walk'n Talk—January, 2014**



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## **Jingle Bell Walk/Run—A Big Success**

Thanks to all volunteers and participants!!! The weather was cold and windy, but a lot of fun! Friend us on Facebook to see all the pictures!!

Now it's time to get ready for THE COLOR DASH!!!!!!!!!!!!!!!!!!!!!! The walk/run is Saturday, Jan.11<sup>th</sup> at the London Bridge Park. The walk/run starts at 10:30 am. Packet pickup is at 8:30 am. You can register online at THECOLORDASH5K.COM. Online registration closes January 9<sup>th</sup> at 11:59 pm. You can register the day of the event, but the price increases to: Individual- \$50, Teams-\$45 per member, and Family-\$95 for 3 members (\$15 for each additional member up to 6, must live in the same household). For any information please call Linda Scoles or The Havasu Community Health Foundation.

LET THE COLOR MOVE YOU!!!

## **Funnies**

My figure used to be my fame and helped me get ahead.  
That was 15 years ago, now my fame has spread!

## **Walker of the month Susan Spangler**

Susan Spangler is our walker for January. She is 62 years young, has been married 44 years, and has a son, daughter and 3 grandchildren. She moved to Lake Havasu 8 years ago from Irvine, California, to help her ailing parents. She recently retired as a medical assistant.



Susan uses walking to fill-in between workouts. Her favorite activity is Zumba with Sandy Webber, where "the music really pumps you up". She also bicycles up and down the hilly streets of Lake Havasu, finding the feeling of the wind thru her hair really enjoyable. She loves the way exercise makes her feel when the high of the endorphins kick in.

A therapist told her if you feel sad, anxious or out of control with food, get your tennis shoes on and

**Get on your feet!!**

## **Community Corner**

Jan 11<sup>th</sup> is the 1<sup>st</sup> HHWC/HCHF Color Dash! Mark your calendars! Call Linda Scoles if you would like to volunteer!

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

Circle February 22 on your 2014 calendar. HCHF will be hosting their first heart-specific health fair—A Fair of the Heart and Heart Health Awareness Walk

March 2, 2014, watch for the 3rd annual Line Dance on the London Bridge

If you are interested in doing the Virtual Dementia Tour please contact the HCHF:  
453-8190.

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