

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



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Laura Koch
Connie McDaniel

Upcoming Events

**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**

Located in
The Shambles Village
2126 McCulloch Blvd., Unit 7
P O Box 1410
Lake Havasu City, AZ 86405
Phone: 928 453 8190
Fax: 928 453 8236

Walk'n Talk—February, 2014



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Celebrating and Looking Forward

The Color Dash was a great success and was so much fun; even our volunteers had fun!

We were excited to hear this was the first 5K for several participants. Congratulations on such a big accomplishment! "Thank You" to all the participants, volunteers and Color Dash Staff!!!

Mark your calendars for the First HCHF "A Fair of the Heart" & Heart Health Awareness Walk February 22nd. There will be lab screenings, blood pressure checks, hands-only CPR lessons, discussion of specific risk factors and much more.

There will also be a panel discussion featuring local cardiovascular professionals in the afternoon. See the attached flier for more information.

Funnies

I've been working out every day. My TV remote is broken, and getting up out of the chair 50 times a night is really tough!

Walker of the month Mary Wright-Spencer

Mary Wright-Spencer is our walker for February. She is 36 years old and has been married for 13 years. She has 4 kids and will soon to be a first-time grandmother!! She was born and raised in Lake Havasu and works for the Today's News Harold delivering newspapers. She also has a cosmetology license.



Mary started her healthy lifestyle change on May 6, 2013, and has lost 37 lbs and one dress size. She started exercising because she had high blood pressure, diabetes and diabetic neuropathy in her feet. If she had kept going down the path she was travelling, she risked the loss of her feet. Her main exercise is walking, and she attends Sandy Webber's classes when she can. She is a Beachbody Coach and uses "Slim in 6" which is a low impact workout, and is getting ready to move up to T25.

When Mary started her lifestyle change she wasn't even able to walk through her house. Since then she has done the Breast Cancer Walk and the Color Dash, which was her first 5k. Her sugar levels are normal with no meds. Mary said even if you just walk you will feel much better; it makes you "feel good". It has certainly changed her life. She loves her walks and her "me" time and has met the most amazing people. So even if you put the ear buds in and walk alone,

Get on your feet!!

Community Corner

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

Contributors:
Linda Scoles

Editor: Lori Miller
Contact: Linda Scoles
Phone: 928 208-9150
E-mail: larrylinda1@yahoo.com

www.havasucommunityhealth.org







Havasu Community Health Foundation

These events are intended to raise awareness of :

- The high incidence of cardiovascular disease and our ability to manage controllable risk factors
- Recognition of symptoms of cardiac emergency
- What to do when symptoms occur - for ourselves or for someone in our presence
- Knowledge of resources in our own community

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A Fair of the Heart &

Heart Health

Awareness Walk

February 22, 2014

At the Nautical Inn, Lake Havasu City

- 8:30-Noon** *Registered walkers can check in at the clubhouse and walk the course laid out on the golf course golf cart paths. Register on-line or at HCHF office.*
- 9:00-Noon** *Visit the health fair, where you can have lab screenings, blood pressure checks, learn hands-only CPR, visit a computer station where you can learn about your specific risk factors, and much more.*
- 1:00-3:00** **Panel Discussion** *featuring local cardiovascular professionals. Seating is limited. A nominal reservation of \$5 will ensure your seat and enter you into a drawing.*



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