Brought to you by Hervesu Health Walk Challenge

Walk'n Talk-February, 2014



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 Havasu Community Health Foundation

Located in The Shambles Village 2126 McCulloch Blvd., Unit 7 P O Box 1410 Lake Havasu City, AZ 86405

Re Havasu City, AZ 86405 Phone: 928 453 8190 Fax: 928 453 8236



Vol.7 Issue 02

February, 2014

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 heartspecific 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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Havasu Community Health Foundation

These events are intended to raise awareness of:

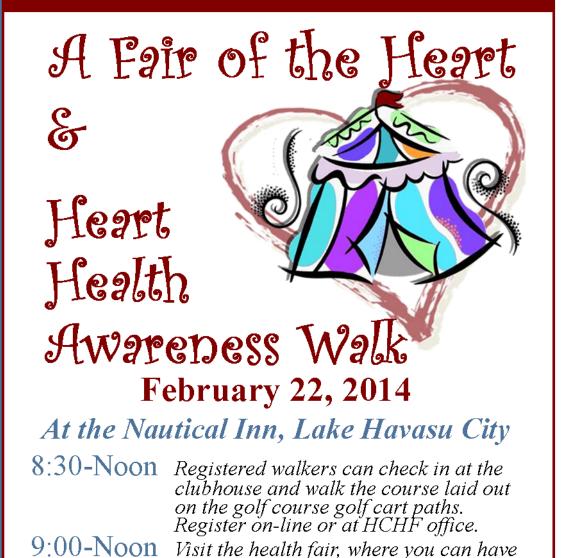
- The high incidence of cardiovascular disease and our ability to manage controllable risk factors
- Recognition of symptoms of cardiac emergency
- What to do
 when
 symptoms
 occur for
 ourselves or
 for someone in
 our presence
- Knowledge of resources in our own community

Havasu Community Health Foundation

Located in The Shambles 2126 McCulloch Blvd, #7 Lake Havasu City 1:00-3:00

P O Box 1410 Lake Havasu City, AZ 86405-1410

<u>453-819</u>0



a drawing.

lab screenings, blood pressure checks,

specific risk factors, and much more.

learn hands-only CPR, visit a computer station where you can learn about your

Panel Discussion featuring local

cardiovascular professionals. Seating

is limited. A nominal reservation of \$5

will ensure your seat and enter you into