

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



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Laura Koch
Connie McDaniel

Upcoming Events

Watch for a pet-
friendly HOWL
walk in April
&
Our 2nd Annual
Family Swim Day
this summer

Mark your calendar
for the 1st
Saturday in
October for the
annual Community
Health Fair
&
Breast Cancer
Awareness Walk



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
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Walk'n Talk—February, 2014



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Celebrating and Looking Forward

What a beautiful day it was for the first Heart Health Fair and Walk!!!! There was great information at the fair and at the forum with the doctors. The Island Golf Course was so beautiful, and a great place for the walk! Lots of wildlife, sun and walkers!!! A great day for all!!!! Thanks go out to our volunteers Lori Miller, Rena Hollingsworth and Butch Shaddock.

SEE THE ATTACHED PHOTOS OF THE WALK!!!!

We are in the planning stages for our April full moon HOWL walk so watch for the details. For all our dog lovers, this will be a dog friendly walk!!!

Funnies

There's nothing like getting up at 5 a.m. and walking six miles, and then taking an ice cold shower! There's nothing like it, so I don't do it!!!!

Walker of the month Sandy Walters

Sandy Walters is our walker for March. She is "in her 60's", is married and has 2 adult sons. She has been a registered nurse for almost 40 years and is currently working with in-home infusion patients. She has lived in Lake Havasu for 21 years. She likes to scuba dive and does stained glass projects when she has the time.

Sandy walks with her 4 year-old therapy dog, Dakota, as often as possible. Sometimes its only one time a week, but most often it's 3-4 times a week. They usually travel 1-2 miles but occasionally it is more than that. When the weather is warm they play on the water. Dakota, a golden retriever, usually carries her own back pack that includes her first aid kit, ID, poop bags, water and a bowl.

Sandy says she currently has no medical issues and likes to walk because she enjoys getting outside, especially with her dog.

The benefits of walking are many including increasing overall strength and endurance, stress reduction, and making difficult problems of the day a little easier to deal with. She invites anyone wanting to start walking to come along and take a walk with her and her dog! So whether you like to walk alone, with friends or with your pet, the weather is beautiful so

Get on your feet!!



Community Corner

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

**Virtual Dementia
Tours** are the first
Tuesday of every
month. Call HCHF
for more
information or to
make your
reservation
453-8190

Pick up a copy of
our "glovebox" size
walking route book
at the HCHF office
in the Shambles
2126 McCulloch #7

It provides
information about
some local walking
routes you might
want to try to vary
your walking routine

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