

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



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Laura Koch
Connie McDaniel

Upcoming Events

**HOWL Walk & Wag
Tuesday
April 15**

**Our 2nd Annual
Family Swim Day
August 2**

**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
Fax: 928 453 8236

Walk'n Talk—April, 2014



Vol.7 Issue 04

April, 2014

HOWL Walk & Wag and more...

Are you ready for a night walk under a brilliant full moon??? Our Howl, Walk & Wag walk is April 15th at 7p.m. Whether you have a pet or not, come on out and enjoy this beautiful walk down Pima Wash in the moonlight!!! We will be handing out flashlights to all participants, and Frisbees will be given to those who finish!!! So come on out and enjoy the beautiful Havasu evening!!!

We are planning a free swim day again this year on August 2nd from 12-4 pm so watch for details.

"Like" us on Facebook for walking/exercise information and updates.

Funnies

I get all the exercise I need just by bending down to pick up all those blank subscription cards that fall out of magazines!!!

Walker of the month Carmen Spencer

Carmen Spencer is our walker for April. She is 56 years young, is married and has 3 children. She is self employed. This is her 4th winter in Lake Havasu City, and she usually stays about 5 months.

Carmen does her best to walk daily around 3-4 miles, and also attends Sandy Webber's Zumba and Power Sculpt classes at Titan Gym. In addition, she likes to participate in Sandy's weight loss challenges and boot camps.

Carmen says she loves to dance, so Zumba is not an exercise for her. She is currently trying to lose weight and strengthen and tone her body. Walking is something she likes to do with her husband. Since walking she has been able to decrease the amount of her blood pressure medication which is a bonus!! She has also noticed her legs are more toned.

Carmen says "you only have one life to live and one body, so it makes perfect sense to take care of it by eating healthy and to keep moving!! We can't stop the aging process, but we can make the decision to take better care of our bodies." She says her dear mom lived to be 94 and was able to dance until a month before she passed. Her mom embraced life and that's exactly what Carmen intends to do!! So whether you want to dance, walk or do whatever exercise you prefer, embrace life and

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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HOWL, WALK & WAG

Havasu Out Walking Late

You and all your friends
are invited to

"Get on Your Feet"

Tuesday, April 15th Starts at 7 pm

We'll be giving away flashlights

Dogs are welcome—come howl at the full moon

The walk starts at the Shambles and
continues through Pima Wash
on the walking path

**\$10 Per person or
\$25 Per Family**

*Pets are free, but must be
accompanied by a human.*



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www.havasucommunityhealth.org

Howl Walk & Wag—REGISTRATION FORM

A REGISTRATION FORM IS NEEDED FOR EACH PERSON WALKING. FORMS FOR CHILDREN UNDER 18 MUST BE SIGNED BY PARENT OR GUARDIAN.

IF UNDER 18 YEARS OF AGE, CHECK HERE

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____
(families must include minimum of one parent or guardian)

\$10 for Individual Registration or \$25 for Family Registration

Total Paid \$ _____

Checks should be made payable to HCHF (for Havasu Health Walk Challenge)
Mail registration form with payment to HCHF, P O Box 1410, Lake Havasu City, AZ 86405,
Or drop it off at the HCHF Office, 2126 McCulloch Blvd., Unit 7, Lake Havasu City, AZ

Waiver and Indemnification (must sign to participate)

I understand that my consent to these provisions is given in consideration for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby release and hold harmless Havasu Community Health Foundation Havasu Health Walk Challenge, the City of Lake Havasu, and any of their employees or volunteers from any claims that I may have arising out of my participation in this event. I give permission to Havasu Community Health Foundation/Havasu Health Walk Challenge and their sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event.

Signature _____ Date _____

Signature of Parent or Guardian if under 18 years of age _____ Date _____

Office Use: Cash Ck# _____ CC _____ Date Received: _____ Initials _____ DB _____ Event DB _____