

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



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Laura Koch
Connie McDaniel

Zumba Party

Saturday
May 31
10:00 AM—11:30 AM
Lake Havasu City
Aquatic Center
See page 3 for information

Havasú Stick'em

Saturday
August 2
8:00 AM—Noon

Community Swim Day

Saturday
August 2
Noon-4:00 PM



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—May, 2014



Vol.7 Issue 05

May, 2014

HOWL Walk & Wag and more...

What a fun night we had Howling & Wagging at the Howl Walk & Wag!!! It was a beautiful evening with over 35 dogs enjoying the night!!! Thank you to everyone who participated!!!! Watch for information on the free swim day Aug 2nd !!! The time is from 12-4.p.m. at the Aquatic Center. We had a great turnout last year so lets make it bigger this year!!!

Our newsletter will be dark till Sept 1st. so be sure to check the Havasu Community Health Foundation weekly newsletter for updates. We have some great ideas for upcoming walks this fall! Like us on Facebook for walking/exercise information & updates .

Funnies

You know you are out of shape when you can't pull the supermarket carts apart!!!

Walker of the month April Bailey

April Bailey is our walker for May. She is 49 yrs young and has been married to Paul for 33 yrs. She has a daughter & stepdaughter who live in Oregon with 2 grandkids & a granddog. She retired from Oregon to Havasu 4 years ago and moved to Havasu.

April has been walking most of her life. She walks daily with her husband and daschund Roxie. She walks even if it's just around the block or down by the lake. She also does Sandy Webber's Zumba and Power Sculpt as well as Jenny Sletabo's Zumba classes. She takes dance lessons from Tammy Melpolder at Desert Star Ballroom.

April has no health issues but according to her naturopath she needed to loose weight. Her journey started in 1998 when she weighed 198 lbs. She changed her way of eating & exercises regularly and now weighs 146lbs . April enjoys walking and as it gets you out in nature and looking at what the universe has given us. She says you have to decide on how you are going to live the rest of your life. Life is to short so find something you enjoy doing. So whether you walk, take classes, ride a bike or swim, you need to embrace your future with the time you have been given &



Get on your feet!!

Community Corner

Saturday, May 31
Zumba Party

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

Virtual Dementia
Tour- First Tues of
the month. Call the
HCHF for
information

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

June 1st walks will
start at 6:30 am

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www.havasucommunityhealth.org

Highlights from Havasu Out Walking Late (HOWL) Walk & Wag Tuesday, April 15, 2014





Havasu Community Health Foundation

Encouraging healthy living

ZUMBA



PARTY

Presented By

Sandy Webber

from Havasu

And

Jill from Havasu

Liezl from Havasu

Lisa from Havasu

Jenny from Havasu

Kat from Kingman

Chebelle of Bullhead

Lina from Bullhead

MAY 31, 2014

10:00 AM TO 11:30 AM

Register at the door, \$10 per person
Lake Havasu Aquatic Center, 100 Park Ave.
Proceeds benefit HCHF Health Programs

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