

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



**HHWC Committee:**  
Linda Scoles,  
Chairperson

Debbie Hypes  
Jan Klatt  
Laura Koch  
Connie McDaniel

**Sept. 14, 2014**  
**Ms. Havasu**  
**Senior Pageant**  
Benefitting Havasu  
Community Health  
Foundation  
Tickets available on-line  
or at the HCHF Office

**Oct. 4, 2014**  
**Breast Cancer**  
**Awareness Walk**  
Register by Sept. 8 to get  
the early registration  
discounted price of \$20  
&

**Community**  
**Health Fair**  
go to the HCHF website  
for details.



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  
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# Walk'n Talk—September, 2014



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## 2nd Annual Community Swim Day

FILLED TO CAPACITY!!!! The 2<sup>nd</sup> Annual Free Swim Day had over 400 people swimming, sliding and riding the waves!!! We enjoyed watching everyone have such a good time!!! Thank you, Havasu, for making this fun family event a great success!

Mark your calendars for our new Zombie Fun Walk/Run October 25<sup>th</sup>. Registration starts at 7am and the walk starts at 8am. Prizes will be awarded for the best costumes!!!

December 6<sup>th</sup> is our Jingle Bell Walk/Run and Ugly Sweater Contest!!! Prizes for the ugliest sweater!!

The HCHF Health Fair and Breast Cancer Awareness walk is October 4th. Call for info. .

## Funnies

I have to walk early in the morning before my brain realizes what I am doing.

## Walker of the month Tom Domek

Tom Domek is our walker for September. He 52 years young and has been married to Carmen for 28 years. He has been visiting Lake Havasu for 15 years and moved here permanently last September. He is the owner of Precision Crankshaft and Machine Service.



Tom loves to kayak, hike, bicycle, walk and ride his Sea Doo. He walks 3-5 miles every other day. He has no health issues and feels exercising daily helps to keep it that way. There are a lot of health issues in his family that he feels exercise may have helped to prevent. He loves to exercise outside as much as possible to enjoy the beauty.

Tom encourages others to walk to enhance their quality of life or to find an exercise they can enjoy with a spouse or friend. He wants everyone to

**Get on your feet!!**

## Community Corner

Pages 2 & 3 are photo-highlights from our Aug. 2 Free Swim Day. "Like" us on Facebook to see More photos

Virtual Dementia Tours begin again in October. Call the HCHF for information.

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

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