

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



HHWC Committee:  
Linda Scoles,  
Chairperson

Debbie Hypes  
Jan Klatt  
Laura Koch  
Connie McDaniel

## **Zombie Walk**

October 25, 2014

## **Jingle Bell Walk/Run**

December 6, 2014



Under the umbrella of  
**Havasú Community  
Health Foundation**

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# **Walk'n Talk—October, 2014**



Vol.7 Issue 07

October, 2014

## **The Zombies are Coming!!!**

Get your costumes out and get ready for the first HHWC Zombie Walk!!! Mark your calendar for Oct 25<sup>th</sup>

Registration starts at 7a.m. and the walk/run starts at 8a.m. Costumes are optional, but we are hoping everyone joins in on the fun. We have prizes for the deadest, scariest and cutest costumes!!! Cost is \$10.00 for individuals and \$25 for families of 3 or more. Come join the fun!

The HHWC Jingle Bell Walk/Run is Dec 6<sup>th</sup>. You have plenty of time to work on an ugly sweater for the contest!! We had some great ones last year! 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes will be awarded. We will also have our famous raffle basket!

Like us on Facebook!!!

## **Funnies**

I prefer sit-ups to jumping jacks. At least I get to lie down after each one!!!

## **Walker of the month Jeff Tribble**

Jeff Tribble is our walker for October. He is 62 years young and has been married to Debbie for 37 years. He has a daughter Wendi and 2 grandkids, McKenna and William. He was a store manager for Ralph's Grocery Company where he retired after 41 years. He moved to Lake Havasu in 2007.

Jeff has been walking regularly for exercise for about 18 years. He used to run until he hurt his back. He says walking helps his back and also keeps him healthy. He has met many friends at Rotary Park where he walks.

Jeff says it's easy to be a couch potato and feels walking keeps you young. He loves to get out in the fresh air walking with friends and meeting new people. SO GET OFF THE COUCH, grab a friend or come out to meet new ones and

**Get on your feet!!**



## **Community Corner**

Virtual Dementia Tours are being held again on the first Tuesday of each month. Call 453-8190 to schedule an appointment.

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

Like the HHWC on Facebook and check out all our great pictures and information!!

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