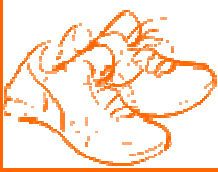


Brought to you by
**Havasú Health
Walk Challenge**



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Laura Koch
Connie McDaniel

**Jingle Bell
Walk/Run**
December 6, 2014

A Fair of the Heart
Heart Health
Awareness Walk
& Heart-Specific
Health Fair
January 31, 2015

Color Dash
February 26, 2015



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—November, 2014



Vol.7 Issue 08

November, 2014

It's Time! "Get On Your Feet!!"

Fall is finally here and the weather is perfect for walking!!!!
Time to get off the couch and get out for some fresh air &
walk!!!

Mark your calendars for the Jingle Bell Walk/Run fun 5K
and Ugly Sweater Contest Dec 6th!!! There will be prizes for
the ugliest sweater as well as other prizes and our ever
famous raffle basket. Tickets are \$1.00 ea or 6 for \$5.00.
Come on out for a fun filled family event!

Feb 28th is the second annual Color Dash!!!! Be sure to
watch for more information!

Funnies

I have a new incentive to do sit-ups! I put M&M's between
my toes!!!

Walker of the month Reed Rigsby

Reed Rigsby is our
walker for November.
He is 45 years young
and lives in
Montebello, California.
He has been working
for that city as a
mechanic for 25 years.
He visits his family in
Lake Havasu regularly.

Reed walks at least
3 times a week. He
says walking is good
exercise, is fun, and
loves to walk in
Havasú with his Dad and friends at Rotary Park. He has no
health issues and feels that walking has helped in preventing
them.

Reed says walking is fun when you have someone to talk
to and makes the time go by faster. It gets you out of the
house and enables you to meet new people. So get out of the
house, off the couch, get some friends and

Get on your feet!!



Community Corner

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

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

Anyone
interested in
joining the
HHWC
committee
contact Linda
Scoles at
928-208-9150

Contributors:
Linda Scoles

Editor: Lori Miller
Contact: Linda Scoles
Phone: 928 208-9150
E-mail: larrylinda1@yahoo.com