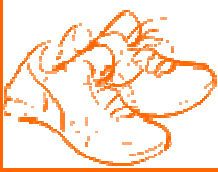


Brought to you by
**Havasú Health
Walk Challenge**



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
&
Sock Hop
January 31, 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
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Walk'n Talk—December, 2014



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Jingle Bell Walk & Ugly Sweater Contest

It's that time of year for our annual Jingle Bell Walk and Ugly Sweater Contest!! If you are not already signed up, registration takes place between 8:00 and 8:45 am and the walk starts at 9 am. The cost for individuals is \$10 and \$25 for a family of 3 or more. We have lots of gift certificates to give away. We will also be selling raffle tickets for our grand prize basket worth over \$250!!! Tickets are \$1.00 each or 6 for \$5.00. Come on out and enjoy the beautiful weather and walk with friends and family—even dogs are welcome!!! Hope to see you there!

Jan 31st, 2015 is the HCHF 2nd Annual "A Fair of the Heart". The HHWC is having a walk, so watch for more information. Feel free to call Linda Scoles at 928-208-9150 for information.

Funnies

Exercise wouldn't be a problem for me if I had a different body to do it with!!

Community Corner



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!!

Walker of the month Phil Hatch

Phil Hatch is our walker for December. He is 71 years young and been married for 13 years. Phil retired as a captain in the Claremont, California Fire Department where he worked for 35 years. He has 3 kids and 2 grand kids. He has several hobbies including riding in his sand rail, boating, and flying his model airplane.



Phil walks Monday-Friday, about 3 ½ miles each day, with several of his friends. When he retired he thought it was a good time to start walking for his health and considers it one of the good things he likes to do for himself. He says that walking is fun and sometimes the highlight of his day. He thinks it is a great way to start each day!!!

Phil says walking with friends inspires him to continue to do so for his health. So let's all get inspired, get some friends together, and enjoy the beautiful weather and

Get on your feet!!

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www.havasucommunityhealth.org