

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



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

**A Fair
of the Heart
Heart's Health
Awareness
Walk
&
Sock Hop**
January 31, 2015

Color Dash
February 28, 2015



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

Located in
The Shambles Village
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Walk'n Talk—January, 2015



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Another Jingle Bell Walk/Run success!

Everyone had so much fun and the weather was perfect!! Stacie Marsh was our raffle basket winner and you can see the Ugly Sweater winners in the attached photos. Thank you participants!

Jan 31st is the HCHF Affair of the Heart health fair and fun walk/run. There will be a lot of great health information as well as a fun walk/run. See the attached flier for more information or call the Foundation at 453-8190.

The COLOR DASH is Feb 28th at London Bridge Park!! Last year's event was a lot of fun, so don't miss out! See the attached flier for more information or call Linda Scoles at 208-9150.

Funnies

My approach to exercise is casual;
I enrolled in a correspondence course to a health spa!

Walker of the month Peggy Dawson

Peggy Dawson is our walker for January. She is 66 years young and has been married to Dow for 44 years. She has 3 kids and 8 grandchildren, including a set of triplets. She spends half of the year in Escanaba, Michigan, and the rest in Lake Havasu. They own Dow Dawson Trucking.

Peggy walks Rotary Park an average of 3-4 miles, 5 days a week, and it takes her about an hour. She also exercises to Lesley Sasoon before walking to limber up. She walks for her health and says it makes her feel good about herself. Walking has helped her get rid of osteoporosis and has no other health issues. She attributes this to walking regularly.

Peggy says she loves Rotary Park because it's so gorgeous and encourages everyone to come out and give it a try! She cares about her health and wants to be there for her grandkids and dance at their weddings. We all care about our health so get out there and



Get on your feet!!

Community Corner

HCHF Affair of
the Heart health
Fair and fun
walk/run is
Jan 31st

The Color Dash
is Feb 28th at
London Bridge
Park
Volunteers
needed!

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

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Ugly Sweater Contest Winners
First Place: Eila Koivuki, center
Second Place: Lisa Luna, left
Third Place: Judy Nantell, right

