

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



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

**Arizona Walk
MS
Lake Havasu**
March 7, 2015

March of Dimes
March to Help Babies
March 28, 2015

**Walk & Wag
Walk**
April 18, 2015



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

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



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February 28 **COLOR DASH!!!!!!**

Over 200 participants came out to the 2nd annual HHWC Color Dash and got their color on!!! The HHWC received a check for \$3037.47 from the event proceeds with more coming!! It was a great day with good weather and lots of families and teams laughing, throwing color and just having a great time.

A great big thank you to all the volunteers who helped make this great event happen!!! Thanks to all participants for supporting us!!

Mark your calendars for April 18th for the HHWC Walk & Wag at Grand Island Park. Our dog walk will be on Saturday at 9 am instead of the evening walk. Hope to see lots of dogs with their owners!

Funnies

He's developing a more active lifestyle. Now he sits and watches aerobics shows on TV!

Walker of the month Rachel Clayton



Rachel Clayton is our walker for March. She is 38 years young and has been married to Chris for 14 years. They have 2 sons, Josh (12) and Jacob (10). She is originally from Southern California, lived in Fort Mohave for 6 years and currently lives in Parker. She worked as a substitute teacher for 4 years but left that job to do online schooling with her boys.

Rachel has struggled with her weight since her first son was born. Exercising helps her to unwind from stress, feel better about her appearance and meet new friends. She does Sandy Webber's Zumba, Power Sculpt and participated in her Bootcamp and Weight Loss Challenge. She tries to walk/hike at least 20 miles a week at Rotary Park and hiking trails around Lake Havasu and also works out at Titan Gym.

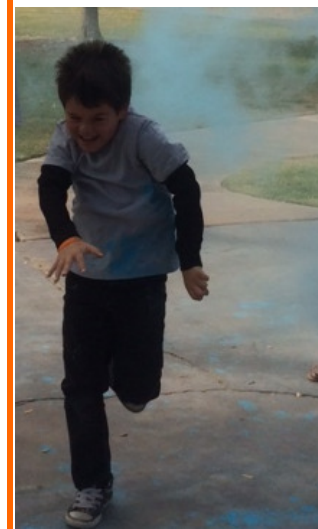
Rachel was diagnosed with PCOS and says exercise gives her relief from that. She says a strong support group is a must and at Sandy's classes she has been inspired by so many people that she wants to inspire others!! She says "imagine a wonderful group of people all here for different reasons, yet all here to put their own journey aside to help/motivate someone". Because of this group, she keeps going! So get out there, inspire/motivate/help a stranger and

Get on your feet!!

Community Corner

Walk & Wag
walk is
scheduled for
April 18th, watch
for details!!!!

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



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Color Dash 5k





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