

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



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

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

**3rd Annual
Free Swim Day**
August 8, 2015

**10th Annual
Havasu Stick'em**
August 8, 2015



Under the umbrella of
**Havasu 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—April, 2015



Vol.8 Issue 04

April, 2015

Walk and Wag—April 18

Grab your fur baby's leash and come join us for our 3rd annual Walk and Wag canine walk April 18th at Grand Island Park!! Don't have a dog? Join us anyway and enjoy the great weather!!!

Registration starts at 8 am and the walk starts at 9 am.

The cost is \$10 per person and \$25 for a family of 3 or more. Dogs are free!!! We will have plenty of raffle prizes also!!

It's that time of year when the weather is warmer so be sure to stay hydrated!!! Time to watch for creepy crawler critters too!!!

The benefits of walking are so great:

- burns calories
- strengthens back muscles & bones
- causes weight loss
- reduces stress on joints
- lowers blood pressure and cholesterol
- reduces risk of heart disease diabetes and stress
- improves mood and outlook on life
- it's free!!

Funnies

My husband was forced to quit his exercise class because he broke a toe. Unfortunately, it wasn't his!!!

Walker of the month Melanie Preston

Melanie Preston is our walker for April. She is 33 years young and has been married for 13 years. She lives in Parker where she homeschools her 3 adorable little girls.

Melanie exercises 4-5 days a week for her health and to lose weight. She exercises at home and is a member of Titan Gym where she attends Sandy Webber's classes.

Melanie had high cholesterol, no energy and got winded easily. Since exercising regularly her numbers are all under control and she has a lot more energy.

There are many reasons to start some type of exercise program whether you join a gym or walk at the park. Whatever you decide to do, all you have to do is

Get on your feet!!



Community Corner

Come join is for
the Walk & Wag
Walk April 18th at
Grand Island
Park!!!!

Aug 8th is our 3rd
Annual Free
Swim day for
Havasus! Watch
for the details!!

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

Contributors:
Linda Scoles

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



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HAVASU WALK & WAG

You and all your friends are invited to
"Get on Your Feet"

Saturday, April 18th

a non-competitive,
family-friendly walk / run

Registration starts at 8 am
Walk starts at 9 am



At Grand
Island Park
off Malibu Dr.
on the island

**\$10 Per person or
\$25 Per Family**



Pets are free, but must be accompanied by a human.

Find links to register and pay online at
www.havasucommunityhealth.org

Havasu Walk & Wag—REGISTRATION FORM

A REGISTRATION FORM IS NEEDED FOR EACH PERSON WALKING. FORMS FOR CHILDREN UNDER 18 MUST BE SIGNED BY PARENT OR GUARDIAN.

IF UNDER 18 YEARS OF AGE, CHECK HERE

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

(families must include minimum of one parent or guardian)

☐ \$10 for Individual Registration or ☐ \$25 for Family Registration

Total Paid \$ _____

Checks should be made payable to HCHF (for Havasu Health Walk Challenge)

Mail registration form with payment to HCHF, P O Box 1410, Lake Havasu City, AZ 86405,
Or drop it off at the HCHF Office, 2126 McCulloch Blvd., Unit 7, Lake Havasu City, AZ

Waiver and Indemnification (must sign to participate)

I understand that my consent to these provisions is given in consideration for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby release and hold harmless Havasu Community Health Foundation Havasu Health Walk Challenge, the City of Lake Havasu, and any of their employees or volunteers from any claims that I may have arising out of my participation in this event. I give permission to Havasu Community Health Foundation/ Havasu Health Walk Challenge and their sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event.

Signature _____ Date _____

Signature of Parent or Guardian if under 18 years of age _____ Date _____

Office Use: ☐ Cash ☐ Ck# _____ ☐ CC _____ Date Received: _____ Initials _____ DB _____ Event DB _____