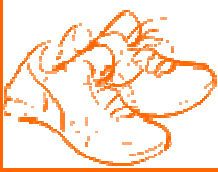


Brought to you by
**Havasú Health
Walk Challenge**



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

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

**10th Annual
Havasú Stick'em**
August 8, 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—May, 2015



Vol.8 Issue 05

May, 2015

Walk and Wag—April 18

We had perfect weather for the Walk and Wag!!! Everyone had a good time including the fur babies!!!

This will be the last newsletter until September. We will continue with the Walker of the Month and keep updates on what's going on with the HHWC.

Mark your calendars for the free swim day August 8th!! This is a great event for everyone to enjoy!!

According to Joyce Bauer RD, a spokesperson for the American Heart Association, walking 30 minutes a day can help reduce the risk of heart disease, lower cholesterol and blood pressure and increase life expectancy.

With the summer heat it's important to stay hydrated!!! Remember to drink before you are thirsty!!

Funnies

His idea of exercise is to sit in the tub, pull the plug and fight the current!!!

Walker of the month Chris Groendyk

Chris Groendyk is our walker for May. She is 65 years young and has been married for 43 years. She has 2 kids and 4 grandchildren with one on the way. She moved to Lake Havasu from Grand Rapids Michigan in 2000. She is a retired Registered Nurse.

Chris walks to keep in shape, lose weight and to combat the effects of osteoporosis. She tries to go out walking 5 days a week, mainly around her neighborhood. She says the lake is more fun! Her last bone scan came back showing the signs of osteoporosis gone and her bones looking good!!! She has also noticed a difference in the tightening of her leg muscles.

Chris says even if it's just a short distance each day, get out and walk. It's good to set goals and work towards it. No matter how far you walk, it's a start and beats sitting in front of the TV and complaining about how out of shape you are. She also thinks it's important to have good walking shoes!!! She says it starts with one step, so everyone

Get On Your Feet!!!



Community Corner

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



Rotary Park
Saturday walks
are at 6:30 a.m.
and start in front
of the swim area.



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