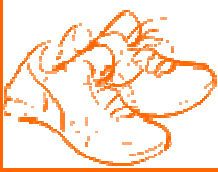


Brought to you by
**Havasú Health
Walk Challenge**



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

Visit the HCHF website
for more information
about the first three
activities in the
**Community
Corner**

**Get on
Your Feet!**



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

Located in
The Shambles Village
2126 McCulloch Blvd., Unit 7
P O Box 1410
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Walk'n Talk—February, 2016



Vol.9 Issue 02

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Are you ready for some **COLOR** !!!!!!! The 3rd Annual Havasu Health Walk Challenge Color Dash is February 27th. Let's get teams and families together and challenge each other!! This is such a fun family event!!

For more information go to cd5k.com or call the Foundation at 928-453-8190.

Volunteers are need from 7 a.m.-11 a.m. Call Linda Scoles (928-208-9150) if you are interested.

Come out and get your color on!!!

Check out our Facebook page for more events and information on walking!!

Funnies

I bought a rowing machine but haven't used it yet. I haven't been able to tear the carton open!!!!

Walker of the month Paige Preston

Paige Preston is our walker for February. She is only 12 years old!! She lives with her mom and dad, sisters Emma (10) and Amelia (3). She is in the 7th grade and is home schooled. She has lived in Parker for the past 3 years but is moving back to Havasu this month. Paige likes to kayak, play the guitar and read.



Paige likes to do Zumba with her mom at Titan Gym as well as TRX. She also does ballet at Footlite and loves to play outside and ride her bike with her sisters. She exercises 4-6 hours a week and wants to be strong and stay at a healthy weight.

Paige says exercise is fun and makes her feel more alert!! She is a very smart and awesome young lady, starting out early in life to stay strong and healthy!! Let's put our electronics away, get off the couch, and with our families, friends and pets work to get stronger and feel more alert. So, **Get On Your Feet!!!**

Community Corner

Color Dash is
February 27th,
2016.

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!!



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colordash

let the color move you.

LAKE HAVASU CITY, AZ
LONDON BRIDGE PARK

SATURDAY 02.27.16

SHIMMER

register: cd5k.com

PACKET PICK UP STARTS AT 8 AM
COLOR DASH STARTS AT 10 AM

\$40 INDIVIDUAL
\$85 FOR FAMILY

BENEFITTING:

**HAVASU HEALTH WALK
CHALLENGE**

2015 featuring

BACK WITH BLACK