

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



HHWC Committee:
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Chairperson

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Visit the HCHF website
for more information
about upcoming
activities

**Get on
Your Feet!**



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

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Walk'n Talk—March, 2016



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Saturday, February 27, was a beautiful day for the Color Dash!!! So much fun and lots of color! A great big thank you to all the volunteers who came out and helped make this event possible!! Without you, we couldn't do it!!! Thank you to all participants who supported us at this fun event!!! I'm pretty sure a good time was had by all!!! Check us out on Facebook for all the pictures!!!! A few are attached.

Mark your calendar for April 21st – the "Howl Walk and Wag!!!" The event starts at 7 pm., featuring a fun evening walk with our furbabies!!! See the attached flier for more information!!

Watch for our Saturday walk information on Walk N Talk With a Doc!!

Funnies

I owe my athletic body to my wife and clean living!!! "Clean the car...clean the garage...clean the patio!!!!"

Walker of the month Stella Muniz-Greb

Stella Muniz-Greb is our walker for March!!! She is 73 years young and has been married for 32 years. She has 3 children and 4 grandchildren. She moved to Lake Havasu 20 years ago from Colorado. She is currently working at Chic Again.

Stella exercises 4-5 times a week, sometimes more. She works out for her health and for weight control. She does Zumba at Titan Gym and also utilizes the high school tennis courts.

Stella says exercising has lowered her cholesterol and lessened her vertigo attacks. She no longer has sore joints in her rotator cuff and knees. It has helped to increase her energy level and has overall toned up and toned up her body while increasing her flexibility.

Exercise has given Stella a sense of accomplishment and satisfaction knowing she is doing something to prolong her life without aches and pains and creating such a mental high. So whatever your needs or goals, exercise is the way to go for overall health and strength. So put the phones and games down, get off the couch and

Get On Your Feet!!!



Community Corner

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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**2016
Color Dash**



**Saturday
February 27**



