

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



**HHWC Committee:**  
Linda Scoles,  
Chairperson

Debbie Hypes  
Jan Klatt  
Connie McDaniel

**Havasu Out  
Walking Late  
HOWL  
Walk &  
Wag  
April 21**

Visit the HCHF website  
for more information  
about upcoming  
activities

**Get on  
Your Feet!**



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, 2016



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**April, 2016**

## **HOWL -HAVASU OUT WALKING LATE!!!!**

The Howl Walk & Wag is April 21<sup>st</sup> at Grand Island Park!! Families, friends and friendly dogs are welcome to come out and enjoy the great Lake Havasu evening weather!! Registration starts at 6:00 p.m. and the walk starts at 7:00 pm. The cost is \$10 per person and \$25 for families of 3 or more. Registration flyer is attached. Call the Havasu Community Health Foundation if you have any questions at 928-453-8190.

A big thank you to the Lake Havasu Elks #2399 for the \$1000 donation!! We are so appreciative of this kind act. The money will help us with the free swim day for the Havasu kids on Aug 6<sup>th</sup> after Havasu Stick-um!

### **Funnies**

I met a friend jogging in the park. Well he was jogging and I was sitting on a bench.

## **Walker of the month JoEllen (JoJo) Craig**

JoEllen (JoJo) Craig is our walker for April! She is 62 years young and has been single 17 years and has a beautiful daughter who is getting married in April!! She worked for 35 years in construction as a heavy equipment operator and retired in 2013. She winters in Lake Havasu and has a home in Puyallup, Washington.

JoJo says she has always been athletic and loves working out and tries to do so at least 5 days a week. She has run 5 marathons and 2 small triathlons but had to quit after she hurt her knee in 2007. She has always enjoyed the outdoors and also rides her bike, kayaks, walks and loves hiking in Havasu!! She says she needs to get her eating habits into the same category as exercising because she loves to exercise.

JoJo's knee has been an issue for a long time but when she works out and does squats correctly it helps a lot. She says weights help her to maintain overall body muscle tone. She has belonged to fitness centers since she was 18 and has enjoyed Titan Gym the most!!

JoJo says exercise makes you feel good once you get started, and you will be amazed at the improvements that will happen. She says give it your best try and not overdo it the first time!! So let's try and see what great improvements you will see and **Get On Your Feet!!!**



## **Community Corner**

Havasu Stick'em and free swim day is Aug 6<sup>th</sup>! Watch for more information.

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



**Contributors:**  
**Linda Scoles**

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



## Havasus Health Walk Challenge

### Committee:

Linda Scoles, Chairperson  
Debbie Hypes  
Jan Klatt  
Laura Koch  
Connie McDaniel



Under the umbrella of:

Havasus Community Health Foundation

Located in the Shambles

2126 McCulloch Blvd, Unit 7

P O Box 1410

Lake Havasu City, AZ 86405

Phone: 928 453 8190

# HOWL WALK & WAG



Get on Your Feet!

## Havasus Out Walking Late

You and all your friends  
are invited to

## "Get on Your Feet"

Thursday, April 21

Registration Starts at 6 pm

Walk Starts at 7 pm

Dogs are welcome—come howl at the full moon!

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.havasuscommunityhealth.org](http://www.havasuscommunityhealth.org)

### Howl 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 \$ \_\_\_\_\_

### 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 Havasus Community Health Foundation Havasus 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 Havasus Community Health Foundation/Havasus 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 \_\_\_\_\_

Checks should be made payable to HCHF (for Havasus 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

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