

Brought to you by
Havasu Health
Walk Challenge



HHWC Committee:
Linda Scoles,
Chairperson

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

Get on
Your Feet!



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

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Walk'n Talk—January, 2016



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It's definitely walking weather!!! We hope everyone is taking advantage of the beautiful mornings and evenings!! Come on out Saturday mornings at 7:00 and walk with us!!

Mark your calendars for the Jingle Bell Walk/Run December 3rd. Registration is at 8:00 a.m. and the walk starts at 9:00 a.m. Don't forget the Ugly Sweater Contest with \$50 first place, \$25 second and \$10 third place prizes!!! We have our great raffle basket with lots of goodies as well as raffle prizes for participants. Come out and enjoy the fun.

Watch for a new walk/run in March at the rodeo grounds!! You can bet it will be lots of family fun!!

Funnies

It's back to school time when all the kids who spent the summer running and playing are standing at the bus stop waiting for the bus to carry them 3 blocks!!

Walker of the month Pat Wilkerson

Pat Wilkerson is our walker for October!! She is 59 years young with a birthday this month to mark 60 years!!! Happy birthday Pat!! She has been married for 40 years and has 2 daughters, Amy 39, and April 35. She moved to Lake Havasu 11 years ago from Hesperia, California. Pat has



been the owner of a house cleaning business for 9 years.

Pat exercises to relieve stress and to clear her mind. She says it's her "happy place"!! She exercises at Titan Gym 4-5 days a week as well as walks and rides her bike when weather permits. She also does Zumba and Power Sculpt. She has no health issues other than a vertigo flare up but says exercise has helped.

Pat says exercise has made a great impact in her life. She feels better, sleeps better and has less stress. She says all the friends she's made at the gym are an added plus! So get out in the beautiful weather, go the gym and

Get On Your Feet!!!

Community Corner

Jingle Bell Walk/
run Dec 3rd,
9:00 a.m.

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

Watch for
information on
our new March
walk at the
Rodeo Grounds!!



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2016 Swim Day
Family Fun!



