

# Walker of the Month



August 2015

## Tarilyn Yalovich

Tarilyn Yalovich is our walker for Aug. She is 56 years young and has been married for 8 (been together for 18) and have 4 kids and 7 grandkids. They moved to Havasu from Southern California 10 years ago.



Tarilyn exercises 3-4 times a week. She tries to walk the Island a couple times a week and near her house as well. She has attended one of Sandy Webbers Boot Camps and several classes at Titan Gym. She does not have any health issues just overweight.

Tarilyn says exercising/walking makes her feel so much better, she has more energy, her clothes fit better and she sleeps better. She says she is doing a good thing for her health!! So as Tarilyn says, do something good for your health and

Get On Your Feet!!!

## Upcoming Events

Aug 8<sup>th</sup> is our 3<sup>rd</sup> Annual Free Swim day for Havasu! Noon to 4 pm., at the Aquatic Center Local Elks Lodge #2399 will provide free hot dogs!



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

