

Transcription of Podcast Episode 378: Fitness Update

SPEAKERS

Amber Galindo, Chris Covington

Note: This transcription was computer-generated and may contain typographical errors.

Amber Galindo 00:00

Good morning, everybody, this is Amber Galindo, your fitness director. And here with me today I have Chris Covington, one of the members of the Health and Fitness Committee. And we're just going to give you guys some upcoming events we're having in October. To start off October, October 7 we are going to be hosting our annual health expo. That will be in the ballroom, October 7 from 10am to 1pm. No need to sign up previous to this event, just go ahead and stop by enjoy some little snacks. They also have flu shots this year. So go ahead and stop by and see what we have going on that day. Next, we have our Paint SCSH Pink, our breast cancer twilight walk, that will be held on October 12, starting at 5:30pm. We are going to be meeting in the amphitheater. To talk a little bit more about this event, we have joined together with Paint El Paseo Pink, to put on this fundraiser for the Desert Cancer Foundation. So, all donations, everything we receive, will go directly to the Desert Cancer Foundation in partnership with Paint El Paseo Pink. We will be holding a 1.5 mile walk along the Sun City Boulevard here. So, if you don't have an information packet already, you can pick one up at either fitness center. We have the information for the event in the packet and we also have the walking location and distance out for everybody. At 5:30pm, we're going to have some refreshments and entertainment in our amphitheater. And then at 6pm, we are inviting the Desert Cancer Foundation to give us a little intro of what they do for the community. At 6:15pm, we'll go ahead and start our walk. Once we return from the walk we will honor and remember all the individuals who have been faced with cancer. We do recommend that everybody comes out in as much pink as possible. Our goal is to "paint" Sun City pink. We do encourage that everybody wears comfortable shoes and bring some water along with them. Chris, do you have anything to add to that?

Chris Covington 02:20

I'm here to support Sun City Shadow Hills, but also Paint El Paseo paint last year was a huge success for Sun City Shadow Hills, we had over 100 walkers. So, I encourage you to get on our website and join again, Paint El Paseo pink, it's October the 14th, Saturday. And I will gladly pick up anybody's t-shirts, as long as you text me with your name, and the size of shirt, I'll pick them up and deliver them. It was a great event last year and I'm passionate about it. I've lost many friends to cancer, many women to breast cancer, and this just goes to a great cause. So, I really encourage you to come on out and join us. Thank you.

Amber Galindo 03:03

And just to add to that, if you visit Paint El Paso Pink's website, we are registered as a team under "Sun City Shadow Hills." A part of our information packets we have here for Paint Sun City pink is a donations page. Now all donations, like I mentioned, will go to the Desert Cancer Foundation. We have



a QR code so you can just easily scan in, and donations will go directly to our team for Paint El Paseo Pink.

Chris Covington 03:34

Also, on our evening of Paint El Paseo pink, this is hard. Anybody that's having problems with the QR code, I'll gladly help them because I did find out the other day that phones differ in the way that you scan that code. So, we'll be out there to help you.

Amber Galindo 03:51

We encourage everybody to join us on October 12 for Pain Sun City Pink, and that will start at 5:30pm in the amphitheater. So, join us for this great event whether you can walk or not. This is all just to benefit a great foundation.