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Fall 2026



A Supplement to The White Sheet



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KNOW YOUR HEALTH HISTORY

Keep an updated list of your medications, allergies, medical conditions, surgeries, healthcare providers, and emergency contacts. Having this information readily available can make appointments and unexpected medical situations easier to manage.

ASK QUESTIONS

Healthcare is a partnership. When visiting a doctor, dentist, pharmacist, or other healthcare professional, don't be afraid to ask questions. Understanding your options, instructions, medications, and follow-up care can help you make informed decisions about your health.

CARE FOR YOUR WHOLE SELF

Wellness extends beyond medical appointments. Regular physical activity, nutritious food, adequate sleep, hydration, stress management, and meaningful social connections can all be part of a healthy lifestyle.

MAKE HEALTHY CHOICES THAT FIT YOUR LIFE

There is no single approach to wellness that works for everyone. Consider your age, lifestyle, goals, preferences, and individual health needs when making changes. When you're unsure where to start, talk with a qualified healthcare professional.

Your health journey is personal. Start with one healthy step today—and keep moving forward.

Julia Carlson, D.D.S.

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Hoff, Andrea, PA

2082 Mesquite Ave, Lake Havasu City, AZ 86403

(928) 680-4233

cornerstonefamilyhealthcare.com

O'Haver, Shawn

1720 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 412-8808

Riviera Primary Care

2150 McCulloch Blvd N b, Lake Havasu City, AZ 86403
(928) 846-7097
rivieraprimaricare.com

Rozelle, Christina, FNP-C

2082 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 680-4233
cornerstonefamilyhealthcare.com

Lake Havasu Primary Care, Dr. Sidiqi

89 Civic Center Ln, Lake Havasu City, AZ 86403
(928) 453-0777

Southwest Primary Care, Dr. Lonial

1741 Mesquite Ave a 100, Lake Havasu City, AZ 86403
(928) 733-6351

Sunrise Family Healthcare - Tiarra Sitzler, FNP

1845 McCulloch Blvd N Ste D1, Lake Havasu City, AZ 86403
(928) 854-2568

Tibbetts, Teresa J., MD

2082 Mesquite Ave # 106, Lake Havasu City, AZ 86403
(928) 680-4233

Vona, Emily

84 Acoma Blvd N # 104, Lake Havasu City, AZ 86403
(928) 733-5101

Whelan, Kristy M., DO

2082 Mesquite Ave #A106, Lake Havasu City, AZ 86403
(928) 680-4233

Woo, Francis J. Jr., MD

60 Riviera Dr, Lake Havasu City, AZ 86403
(928) 453-3330
weence.com/medical/doctors/lake-havasu-city/woo-jr-francis-j-md/#google_vignette

FEET & FOOTCARE See Podiatry

FITNESS

Anytime Fitness

62 Lake Havasu Ave, Lake Havasu City, AZ 86403
(928) 302-3883
anytimefitness.com

Body Shop Fitness

1100 London Bridge Rd suite G 106, Lake Havasu City, AZ 86404
(928) 662-8786

Ben Hicks Yoga

2000 McCulloch Blvd N, Unit A, Lake Havasu City, AZ 86403
(928) 680-6392
benhicksyoga.com

Bridge Body Fitness

791 N Lake Havasu Ave Unit C, Lake Havasu City, AZ 86403
(928) 538-8761
bridgebodyfitness.com

Eight Lotus Wellness and Yoga

231 Swanson Ave Suite 208-210, Lake Havasu City, AZ 86403
(928) 208-7477
8lotuswellness.com

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AG-1645243

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fiore-endorphin-factory.gymdesk.com

Fit Lab 928

537 N Lake Havasu Ave Ste 101, Lake Havasu City, AZ 86403
(928) 900-7989 | fitlab928.com

Havasu CrossFit

2876 Sweetwater Ave, Lake Havasu City, AZ 86406
(928) 680-9348
havasucrossfit.com/landing.asp

Iron Age Gym

1880 Commander Dr #B, Lake Havasu City, AZ 86403
(928) 412-5449
ironagegym.com

Lake Havasu City Aquatic Center

100 Park Ave, Lake Havasu City, AZ 86403
(928) 453-8686
lhcz.gov/parks-recreation/aquatic-center

Planet Fitness

1755 McCulloch Blvd N, Lake Havasu City, AZ 86403
(928) 302-2025
planetfitness.com

Roots & Ryse Wellness Center

1104 S Kofa Ave, Parker, AZ 85344
(928) 669-8620
rootsandryse.com

Snap Fitness Lake Havasu City

450 Lake Havasu Ave, Unit 102-106, Lake Havasu City, AZ 86403
(928) 889-1879
snapfitness.com/us/gyms/lake-havasucity-az

Soulifting

45 Capri Blvd, Lake Havasu City, AZ 86403
(928) 733-7664
soulifting.com

Studio 2959

2959 N Kiowa Blvd #102, Lake Havasu City, AZ 86404
(928) 733-8110
thestudio2959.com

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mytitanfitness.com

GASTROENTEROLOGY

Midwest Internal Medicine

1840 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 453-8500

Specialty Associates

1851 Mesquite Ave #210, Lake Havasu City, AZ 86403
(928) 854-7540
havasumedicalgroup.com

Specialty Associates - Gastroenterology

1840 Mesquite Ave Suite C, Lake Havasu City, AZ 86403
(928) 854-0060
havasumedicalgroup.com

GERIATRIC

Havasu Internal Medicine & Geriatrics

1851 Mesquite Ave Suite 206, Lake Havasu City, AZ 86403
(928) 854-0094
havasumedicalgroup.com

GYNECOLOGY (OB/GYN)

Advanced Women's Care - Lakeview

Women's Health Center

365 Lake Havasu Ave, Lake Havasu City, AZ 86403
(928) 733-6293
advancedwomens.care/locations/lakeview-obgyn

Franzen, June, NP

1951 Mesquite Ave I, Lake Havasu City, AZ 86403
(320) 669-2662
junefranzen.com

Hooker, Kevin, M.D.

2130 Mesquite Ave # 100, Lake Havasu City, AZ 86403
(928) 302-5100
havasubogyn.com/?utm_source=gmb_auth

Lake Havasu OB/GYN Care

2130 Mesquite Ave # 106, Lake Havasu City, AZ 86403
(928) 854-6249

Women's Medical Health Center

1956 Mesquite Ave Unit #103, Lake Havasu City, AZ 86403
(928) 505-5300
weence.com/medical/doctors/lake-havasu-city/womens-medical-health-center

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HCHF Community Food Bank

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(928) 264-1177
havasucommunityhealthfoundation.org

Herb's Herbs

2026 McCulloch Blvd N, Lake Havasu City, AZ 86403
(928) 453-8182

Living Well Health Food Store

1963 McCulloch Blvd N # 102, Lake Havasu City, AZ 86403
(928) 453-9355
livingwellhealthfoodstore.com

Nutrition One

55 Lake Havasu Ave, Lake Havasu City, AZ 86403
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nutritiononeusa.com

Paleo to Go, Inc

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paleotogoinc.com

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(928) 669-8620
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Siddhartha's Garden

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(928) 412-6444
siddharthasgarden.com

HEARING

Active Hearing Center

116 Lake Havasu Ave #102, Lake Havasu City, AZ 86403
(928) 615-1111
activehearingcenter.com

Arizona Coast Ear Nose & Throat

1760 McCulloch Blvd N Ste 100, Lake Havasu City, AZ 86403
(928) 319-2006
azcoastent.com

Audibel Hearing Center

1979 McCulloch Blvd N Ste 106, Lake Havasu City, AZ 86403
(928) 846-3286
audibelhavasu.com

Better Hearing Aid Service

30 Acoma Blvd S STE 107, Lake Havasu City, AZ 86403
(928) 412-6811

Cleartone Hearing Centers

1930 Mesquite Ave # 2, Lake Havasu City, AZ 86403
(928) 855-5252
cleartoneaz.com

Havasu Hearing Aids, LLC

116 Lake Havasu Ave #103, Lake Havasu City, AZ 86403
(928) 855-9770
havasuhearingaids.com

Hearing Healthcare of Havasu LLC

1695 Mesquite Ave UNIT 214, Lake Havasu City, AZ 86403
(928) 732-0888
havasuhearinghealthcare.com

Miracle-Ear Hearing Aid Center

375 Lake Havasu Ave Suite B, Lake Havasu City, AZ 86403
(928) 366-5342

HEART

Aliyar, Pareed, MD

1840 Mesquite Ave B, Lake Havasu City, AZ 86403
(928) 453-8500

Atassi, Fadi, MD

101 Civic Center Ln, Lake Havasu City, AZ 864035607
(928) 855-8185

Lakeside Heart & Vascular Center –

Atassi, Fadi, MD

2082 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 453-2727
lakesideheart.com

Quinn, Edward J., MD

150 Riviera Dr, Lake Havasu City, AZ 86403
(928) 855-5090

Specialty Associates - Cardiovascular & Thoracic

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(928) 453-7557
bodyessentialsholisticspa.com

Dagstani, Nael, NMD

1947 McCulloch Blvd N Suite 101, Lake Havasu City, AZ 86403
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wellspring-rh.com

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2010 Injo Dr, Lake Havasu City, AZ 86403
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desertoasislhc.com

HEALTH

WELL NESS

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KEEP IT MOVING IN LAKE HAVASU CITY

Small steps can make a big difference. Lake Havasu City offers plenty of opportunities to get outside, enjoy the scenery and keep your body moving.

Try one of these simple ideas:

Take a 10-minute walk. A short walk around your neighborhood, along the lake or at a nearby park can be a simple way to add movement to your day.

Park a little farther away. When running errands, choose a parking spot that gives you a few extra steps.

Take the stairs. When stairs are available and appropriate for you, use them instead of an elevator.

Stretch while watching TV. During a commercial break or between programs, stand up and gently stretch your legs, shoulders and back.

Walk with a friend. Turn visiting with a friend into an opportunity to move. A conversation can make a walk feel like less of a workout.

Move in the morning. A few minutes of gentle stretching or walking can help get your day started.

Enjoy the water. Swimming, paddling or simply walking near the

lake can combine recreation with physical activity.

Make movement a habit. You don't have to do everything at once. A few minutes here and there can add up.

A LITTLE MORE EACH DAY

Walk. Stretch. Explore. Repeat.

The goal isn't necessarily to exercise harder it's to move a little more and sit a little less. Choose activities you enjoy, listen to your body and make movement part of your everyday Lake Havasu lifestyle.

If you have health concerns or haven't been active recently, talk with your healthcare professional about activities that are appropriate for you.



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(928) 326-1232
jessicavicari.com

Innovative Health and Wellness Center

387 Lake Havasu Ave #101, Lake Havasu City, AZ 86403
(928) 854-7666 | ihwcaz.com

London Bridge Wellness Center

English Village Suite 208, Lake Havasu City, AZ 86403
(928) 846-1119
londonbridgewellnesscenter.com

Longevity Health with Trifecta BioHacking Lounge

1963 McCulloch Blvd N #104, Lake Havasu City, AZ 86403
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trifectahavasu.com

Natural Gold Wellness & Beauty CBD

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(928) 486-4424
naturalgoldfarms.com

Natural Health Options

Medical Arts Building, 1830 Mesquite Ave # B,
Lake Havasu City, AZ 86403
(928) 680-6806

Nature's Integrative Medicine

2035 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 419-2627 | drfrannnd.com

Naturopathic Family Practice

500 N Lake Havasu Ave, Lake Havasu City, AZ 86403
(928) 854-8448

OM Reiki Havasu - Healing Therapies

2005 Injo Dr #104, Lake Havasu City, AZ 86403
(928) 453-7557
bodyessentialschisticspa.com/energy-therapy

Dr. Frank P. Sweet, Naturopathic Medical Doctor

1930 Mesquite Ave #5, Lake Havasu City, AZ 86403
(928) 453-9525

Wellspring Restorative Health

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(480) 861-3916
wellspring-rh.com

HOME CARE

Alternate Solutions Care Giver Specialist, LLC

2182 McCulloch Blvd N #5, Lake Havasu City, AZ 86403
(928) 230-9811
alternatesolutionscaregiverspecialist.com

Ativo Home Care

2110 Swanson Ave, Lake Havasu City, AZ 86403
(928) 857-8659 (Office)

Caring Hearts Assistant Services

2049 W Acoma Blvd, Lake Havasu City, AZ 86403
(928) 614-2443
caringheartsassistantservices.com

Comfort Keepers

2250 McCulloch Blvd N Unit C, Lake Havasu City, AZ 86403
(928) 855-0005
comfortkeepers.com/offices/arizona/lake-havasu

Foundation Home Health, LLC

1695 Mesquite Ave STE 206, Lake Havasu City, AZ 86403
(928) 493-4410
facebook.com/foundationhomehealth

HOME HEALTH & HOSPICE

Beacon of Hope Hospice of Arizona

1760 McCulloch Blvd N, Lake Havasu City, AZ 86403

(928) 854-4200

bohhspace.org

Compassus

1940 Mesquite Ave I, Lake Havasu City, AZ 86403
(928) 238-2636
compassus.com/locations/arizona/lake-havasu-city

Family Care Home Health & Hospice

1810 Mesquite Ave Ste A & C, Lake Havasu City, AZ 86403
(928) 302-3338
familycarehha.com

Foundation Home Health, LLC

1695 Mesquite Ave STE 206, Lake Havasu City, AZ 86403
(928) 493-4410
facebook.com/foundationhomehealth

Hospice of Havasu

232 London Bridge Rd Bldg. A, Lake Havasu City, AZ 86403
(928) 453-2111
hospicehavasu.org

Maggie's Hospice

96 Acoma Blvd S Suite 206, Lake Havasu City, AZ 86403
(928) 490-4440
maggieshospice.com

River Valley Home Health and Hospice

1990 McCulloch Blvd N #109, Lake Havasu City, AZ 86403
(928) 505-6473
rvhhh.com

HOSPITALS

Havasu Regional Medical Center

101 Civic Center Ln, Lake Havasu City, AZ 86403
(928) 855-8185
havasuregional.com

Kingman Regional Medical Center

3269 Stockton Hill Rd, Kingman, AZ 86409
(928) 757-2101
azkrmc.com

La Paz Regional Hospital

1200 W Mohave Rd, Parker, AZ 85344
(928) 669-9201
lapazhospital.org

HOTLINES

Al-Anon

(928) 216-4606

Colorado River Regional Crisis Services

(888) 499-0911

Havasu Behavioral Health

(928) 453-0404

Havasu Silent Witness (crime reporting)

(928) 854-8477

H.A.V.E.N. Center

(928) 505-3153

LGBTQ National Help Center

1-888-843-4564

Narcotics Anonymous

1-866-504-6974

National Runaway Switchboard

1-800-621-4000

Recovery on the River NA

(928) 854-3733

Southwest Behavioral & Health Services

(928) 453-2661

Strong Hearts Native Hotline

1-844-762-8483

Suicide and Crisis Lifeline

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Teen Lifeline

602-248-8836

IMMUNIZATIONS

Elk Ridge Community Health

2090 Smoketree Ave N, Lake Havasu City, AZ 86403
(928) 854-1800
elkridge.org

Mohave County Health & Social

2001 College Dr UNIT 122, Lake Havasu City, AZ 86403
(928) 453-0703

INSURANCE

A+ Health Insurances

2380 Alibi Dr, Lake Havasu City, AZ 86404
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havasuhealthinsurance.com

Aldridge Insurance Services

430 Lake Havasu Ave Suite 102, Lake Havasu City, AZ 86403
(928) 855-1247
aisinsures.com

Berolina Insurance Group LLC -

Jamie Hindley Licensed Life & Health Agent

2119 McCulloch Blvd N, Lake Havasu City, AZ 86403
(928) 764-8779
jamiehindley.com

Crest Insurance Group

430 El Camino Way, Lake Havasu City, AZ 86403
(928) 857-4884
crestins.com

Da-Lu Insurance Havasu Agency

2164 McCulloch Blvd N a, Lake Havasu City, AZ 86403
(928) 733-6164
daluinsurance.com

NFP, an Aon company

2250 McCulloch Blvd N, Lake Havasu City, AZ 86403
(928) 855-3081
nfp.com/about-nfp/find-an-office/2250-mcculloch-blvd-lake-havasu-city-az

Range Insurance

45 Capri Blvd UNIT D, Lake Havasu City, AZ 86403
(928) 733-6202
rangeinsurance.com

Richards Nygren Insurance

2126 McCulloch Blvd N #15, Lake Havasu City, AZ 86403
(928) 486-9940
insuranceservicesaz.com

Select Insurance & Financial Services

2150 N Kiowa Blvd STE B106, Lake Havasu City, AZ 86403
(928) 505-0469
selectinsuranceservices.com

Springberg McAndrew

430 El Camino Way, Lake Havasu City, AZ 86403
(928) 855-9421
springbergmcandrew.com

INTERNAL MEDICINE

Havasu Internal Medicine & Geriatrics

1851 Mesquite Ave Suite 206, Lake Havasu City, AZ 86403
(928) 854-0094
havasumedicalgroup.com

Dementia Connection of Havasu

The Dementia Connection offers education regarding dementia, caregivers support, and information on local resources through one-on-one consultation with a licensed social worker.



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lapazhospital.org

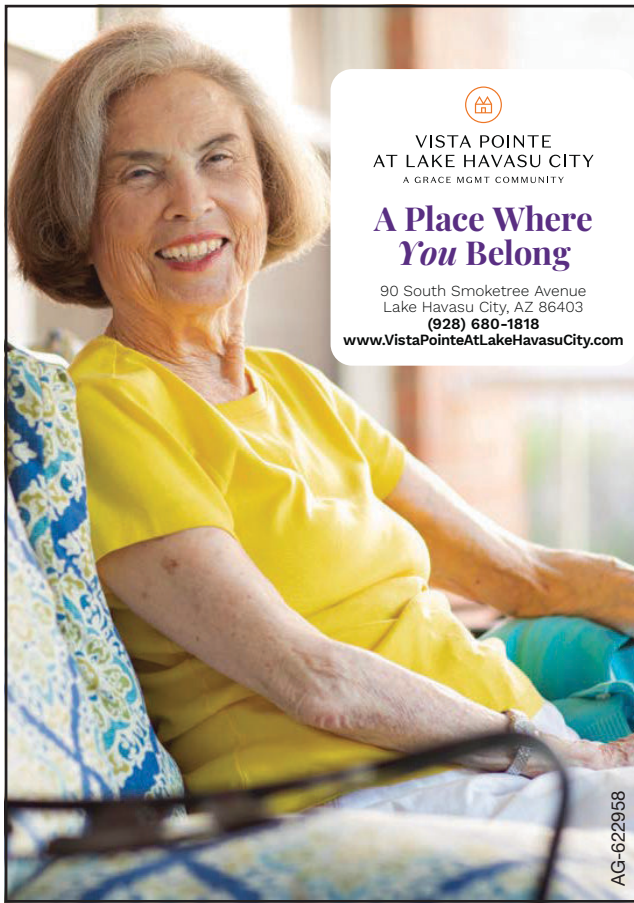
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For more information, call **928.505.5724**.



101 Civic Center Lane | Radiation/Oncology Building
Lake Havasu City, AZ 86403

INTERNAL MEDICINE cont.

Midwest Internal Medicine

1840 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 453-8500

Optima Medical - Central Lake Havasu City

2035 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 208-4598

optimamedicalaz.com/locations/details/central-lake-havasu

Optima Medical - South Lake Havasu City

309 Lake Havasu Ave, Lake Havasu City, AZ 86403
(928) 453-1970

optimamedicalaz.com/locations/details/central-lake-havasu

Palo Verde Internal Medicine

1923 McCulloch Blvd N #101, Lake Havasu City, AZ 86403
(928) 208-4611 | paloverdeinternalmedicine.com

IV HYDRATION THERAPY

Concierge Health

1600 McCulloch Blvd N #4A, Lake Havasu City, AZ 86403
(928) 486-6135

Desert Oasis & Wellness & Medspa

2010 Injo Dr, Lake Havasu City, AZ 86403
(928) 889-0155

HYDR8AZ IV's & Medspa

205 English Village, Lake Havasu City, AZ 86403
(928) 733-7776

KIDNEYS

Ali, Ijaz, M.D.

1840 Mesquite Ave A, Lake Havasu City, AZ 86403
(480) 834-9039
desertkidney.com/our-physicians/ali-ijaz-md

Arizona Kidney Disease & Hypertension Centers

1851 Mesquite Ave Suite 216, Lake Havasu City, AZ 86403
(928) 854-5358

Fresenius Kidney Care Lake Havasu

2145 Mesquite Ave, Lake Havasu City, AZ 86403
(800) 881-5101
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lakeside.health/mri-1

Outpatient Diagnostic Center, The

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Agave Physical Therapy

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Arizona Recovery Center

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(928) 733-5101
azrecover.com

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fyzical.com/lake-havasu-az

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Havasu Nursing Center

3576 Kearsage Dr, Lake Havasu City, AZ 86406
(928) 453-1500
havasunursingcenter.com

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(928) 855-8185
havasuregional.com

Haven Health Lake Havasu

2781 Osborn Dr, Lake Havasu City, AZ 86406
(928) 505-5552
havenhealthaz.com

Lakeside Physical Therapy

1791 Mesquite Ave, Lake Havasu City, AZ 86403
(928) 855-4248
lakeside.health

PRO Therapy

1948 Mesquite Ave Ste 101, Lake Havasu City, AZ 86403
(928) 854-4776
1protherapy.com

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(928) 854-3733
rotrhlc.wixsite.com/rotrhlc

River Valley Home Health and Hospice

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(928) 505-6473
rvhnh.com

Southwest Behavioral & Health Services Lake Havasu City Outpatient

1845 McCulloch Blvd N suite b-1, Lake Havasu City, AZ 86403
(928) 453-2661
sbhservices.org/location/lake-havasu-city-outpatient

True Rehab Physical Therapy

297 Lake Havasu Ave #102, Lake Havasu City, AZ 86403
(928) 453-0501
truerehabhavasucity.com

Vocational Rehabilitation

228 London Bridge Rd, Lake Havasu City, AZ 86403
(928) 854-0377
des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr

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vistapointeatlakehavasu.com

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(928) 680-4255
havasurheumatology.com

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(928) 763-8388

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des.az.gov

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havasucommunityhealthfoundation.org

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havencenterlhcaz.org

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mohavecourts.com

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(928) 855-6333
rcuw.org

STROKES See Neurology

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Colorado River Regional Crisis Shelter

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Havasu Behavioral Health

(928) 453-0404

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(928) 854-8477

H.A.V.E.N. Center

(928) 505-3153

LGBTQ National Help Center

1-888-843-4564

Narcotics Anonymous

1-866-504-6974

National Runaway Switchboard

1-800-621-4000

Recovery on the River NA

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Southwest Behavioral & Health Services

(928) 453-2661

Strong Hearts Native Hotline

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Suicide and Crisis Lifeline

Call/text 988

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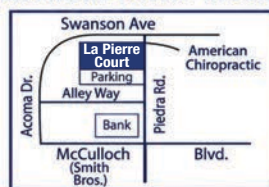
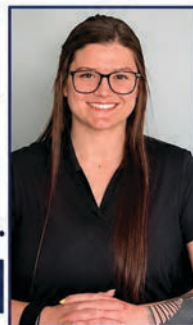
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Martin, Marianne, DVM, PLLC
In-Home Veterinary Euthanasia, Lake Havasu
(928) 228-5844

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