

We **Envision** Lake Havasu as one of the world's healthiest communities, with residents enjoying long, pleasurable, active lives, and where no-one feels isolated by illness.

Our **Mission** is to operate as a charitable foundation of caring individuals dedicated to the better health and wellness of the Lake Havasu community by facilitating and coordinating appropriate health-related programs and fundraising activities and social services.

HCHF is helping the residents of Lake Havasu City live longer, healthier lives.



### Why Join Us ?

- **Build Your Confidence:** Equip yourself with the knowledge and support needed to take control of your diabetes with confidence.
- **Stay Inspired:** Regular meetings help you stay motivated and positive about managing your health.
- **Be Empowered:** Gain tools and strategies to make informed decisions and live your best life.

First Friday of Each Month  
Havas Community Health Foundation  
2126 McCulloch Blvd N Suite 11  
2:30 pm



Shambles Village  
Havas Community Health Foundation  
2126 McCulloch Blvd. Ste 14  
Lake Havasu City, AZ 86403  
928-453-8190

[havascommunityhealthfoundation.org](http://havascommunityhealthfoundation.org)



**DS-H** **Diabetes Support In Havasu**

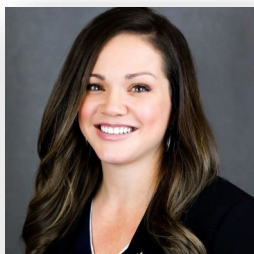


Discover...

Support, Strength, & Solutions:  
Join Our Diabetes Support Group!

**Discover Support, Strength, and Solutions: Join Our Diabetes Support Group!** Living with diabetes can be challenging, but you don't have to navigate it alone.

**At our Diabetes Support Group**, we offer a welcoming space where you can connect with others who truly understand what you're going through. Whether you're newly diagnosed or a long-time warrior, our group is here to support you every step of the way.



### **Meet our facilitator**

**Dr. Rebecca Lidstrom** studied and graduated from Southern California University of Health Sciences. Dr. Lidstrom is currently is on faculty and a Teaching Professor at Arizona State University. With over 15 years in the industry she shares her knowledge about health and wellness as it pertains to Diabetes and provides support for those who suffer from its effects.

Diabetes Support Group in Havasu is a program under the umbrella of the Havasu Community Health Foundation a 501(c)3 public charity



### **What We Offer:**

**Empathy and Understanding:** Share your experiences and hear from others who face similar challenges. Our group is a safe, non-judgmental environment where your feelings and concerns are validated.

**Expert Insights:** Gain valuable knowledge from healthcare professionals and diabetes educators. Get tips on managing your condition, staying motivated, and improving your overall well-being.

**Practical Advice:** Learn practical strategies for everyday management, including meal planning, exercise routines, and how to handle the ups and downs of diabetes.

**Emotional Support:** Find encouragement and strength through meaningful connections with others who truly get it. Build lasting friendships and a strong support network.

**Shared Resources:** Access helpful resources, including educational materials, helpful apps, and community events that can enhance your diabetes management.

Diabetes is a chronic condition that effects how the body turns energy into food.

When the body takes in food it processes what we eat into sugar, (glucose). When the blood sugar rises signals are sent to the pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

People with diabetes struggle making or using insulin to bring blood sugars to regular levels. When increased sugar stays in the system there are increased health risks.

### **Diabetes Warning Signs:**



- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

