



Take Charge of Your Health

Blue Cross and Blue Shield of New Mexico (BCBSNM) encourages you to take charge of your health. Take part in:

- An exercise class
- An education class
- A support group
- Other health activities

Find events in your area. Use the list below. Call the facility to make sure the day and time of the activity has not changed. If you have any questions, please call Blue Cross Community Centennial Member Services at **1-866-689-1523** (TTY: **711**).

Alamogordo

Facility	Class	Day	Time
Casa Arena Blanca Nursing Center 205 Moonglow Alamogordo, NM 88310	Alzheimer's Association NM Chapter Support Group	2 nd Tuesday of the month	6:30 p.m. Call (575) 921- 2428 for more information

Albuquerque

Facility	Class	Day	Time
Alzheimer's Association 9500 Montgomery Blvd NE (505) 266-4473 www.alz.org/newmexico 24/7 Helpline: (800) 272-3900	Introduction to Support Group	1 st Monday of the month	1:00–2:30 p.m. Call (505) 266-4473 for dates and locations of meetings throughout Albuquerque
Alzheimer's Association 9500 Montgomery Blvd NE (505) 266-4473	Educational Presentations	Rolling Schedule	Call (505) 266-4473 for dates and locations of meetings throughout Albuquerque
Alzheimer's Association 9500 Montgomery Blvd NE (505) 266-4473	Skills for Dementia Caregiving Class	Rolling Schedule	Call (505) 266-4473 for dates and locations of meetings throughout Albuquerque

Such services are funded in part with the State of New Mexico.

Albuquerque

Facility	Class	Day	Time
American Lung Association 5911 Jefferson St. NE, Ste B Albuquerque, NM 87109 (505) 265-0732 Lung Help Line: 1-800-586-4872 Tobacco Quit Line: 1-800-586-4872 TTY: 1-800-501-1068	Idiopathic Pulmonary Fibrosis (IPS)	2 nd Wednesday of the month <i>(light refreshments will be served)</i>	12:00–1:00 p.m.
American Lung Association OnPointe at Home 8725 Alameda Park Dr. NE Albuquerque, NM 87113 (505) 265-0732 Lung Help Line: 1-800-586-4872 Tobacco Quit Line: 1-800-586-4872 TTY: 1-800-501-1068	Better Breathers Club Unable to join in person? Call in at: (267) 930-4000 Code: 846280752	2 nd Thursday the month <i>(light refreshments will be served)</i>	1:00 p.m. Call Rebecca Padilla for more information at (505) 265-0732
Bear Canyon Senior Center 4645 Pitt NE Albuquerque, NM 87111 (505) 767-5959	Grief & Loss Support Group (Room #2)	Mondays	3:00–4:30 p.m. For more information, call (505) 767-5959
Bear Canyon Senior Center 4645 Pitt NE Albuquerque, NM 87111 (505) 767-5959	Prostate Cancer Support Group	1 st and 3 rd Saturdays of the month	12:30–2:45 p.m. For more information, call (505) 767-5959
Bernalillo County Extension Office 1510 Menaul Blvd. NW Albuquerque, NM 87107 (505) 243-1386	Parent Support Groups	Rolling Schedule	Call Lydia Montoya at (505) 243-1386 for more information
Comadre a Comadre Program UNM Campus, Manzanita Hall Room 117 Albuquerque, NM 87131	Breast Cancer Support Group Meeting <i>(available in Spanish)</i>	2 nd Saturday of the month	11:30 a.m.– 12:30 p.m. Call (505) 277-2398 for more information
Davita Medical Group Diabetes Self-Management Dept. 5150 Journal Ctr. Blvd NE – 3 rd Floor Albuquerque, NM	Type 2 Diabetes Class Series or individual appointments	Referral from Primary Care Physician and recent lab work are required	Call (505) 262-3851 or 1-800-877-7526 for locations and enrollment

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Albuquerque

Facility	Class	Day	Time
Lovelace Westside Hospital 10501 Golf Course Road NW Albuquerque, NM 87114	Prenatal Yoga New Parents Support Group (Professional Building, Suite 145)	Rolling Schedule Tuesdays	For yoga, call (505) 727-7677 to register or for more information 10:00 a.m. – 12:00 p.m.
Lovelace Medical Group 6701 Jefferson NE Albuquerque, NM 87109	Type 2 Diabetes and Prediabetes Classes for under 50 and over 50 (may require a referral)	Rolling Schedule	Call (505) 727-6200 option 3 to get established and to register
Lovelace Women's Hospital 4701 Montgomery Blvd. NE Albuquerque, NM 87109	New Parents Support Group	Wednesdays	10:00 a.m.– 12:00 p.m. Call (505) 727-6085 for more information
Lovelace Women's Hospital 4701 Montgomery Blvd. NE Albuquerque, NM 87109	Breastfeeding Basics	Rolling Schedule	Contact Lovelace Lactation Services for schedule: LactationServices@lovelace.com or (877) 419-3030
Lovelace Women's Hospital 4701 Montgomery Blvd. NE Albuquerque, NM 87109	Prenatal Yoga (Labor of Love members)	Rolling Schedule	Call (505) 727-7677 to register and for information
National Alliance on Mental Illness 2501 San Pedro Ave, NE, Suite 212 Albuquerque, NM http://namialbuquerque.org/ (505) 256-0288	Connection – a weekly recovery support group Family Support Group – for caregivers, family & friends WRAP® – Wellness Recovery Action Plan	Mondays Tuesdays Sundays	6:30–8:00 p.m. 6:00–7:30 p.m. 3:30–4:30 p.m.

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Farmington

Facility	Class	Day	Time
San Juan Regional Medical Center 801 West Maple Street Farmington, NM 87401 Phone: (505) 609-2087 https://www.sanjuanregional.com	Diabetes Education	Tuesdays	3:30–5:30 p.m. Call (505) 609-2087 or (505) 609-2817 for location and more information
San Juan Regional Medical Center 30th Street Campus 2325 E. 30th Street Farmington, NM 87401 Phone: (505) 609-2867 https://www.sanjuanregional.com	Childbirth Preparation Series <i>(class is held at Center for Workforce Excellence 800 West Maple)</i>	Tuesdays	6:00–8:30 p.m. Call (505) 609-2134 to contact the childbirth educator
San Juan Regional Medical Center 30th Street Campus 2325 E. 30th Street Farmington, NM 87401 Phone: (505) 609-2867 https://www.sanjuanregional.com	Baby Care 101 <i>(held at Childbirth Center Classroom 5th Floor SJRMC)</i>	One Saturday every other month	1:00–3:00 p.m. Call Pip Howard at (505) 609-2134 to register or for more information
San Juan Regional Medical Center 30th Street Campus 2325 E. 30th Street Farmington, NM 87401 Phone: (505) 609-2867 https://www.sanjuanregional.com	Breastfeeding 1: The Basics <i>(held at Childbirth Center Classroom 5th Floor SJRMC)</i>	Every other month	1:00–3:00 p.m. Call Pip Howard at (505) 609-2134 to register or for more information
San Juan Regional Medical Center 30th Street Campus 2325 E. 30th Street Farmington, NM 87401 Phone: (505) 609-2867 https://www.sanjuanregional.com	Car Seat Safety <i>(Held at Childbirth Center Classroom 5th Floor SJRMC)</i>	1 st Saturday every other month	1:00–3:00 pm Register at www.sanjuanregional.com or call Pip Howard at (505) 609-2134
San Juan Regional Medical Center 30th Street Campus 2325 E. 30th Street Farmington, NM 87401 Phone: (505) 609-2867 https://www.sanjuanregional.com	Accelerated/ Refresher Childbirth Class <i>(Held at Childbirth Center Classroom 5th Floor SJRMC)</i>	1 st Saturday every other month	1:00–5:00 p.m. Register at www.sanjuanregional.com or call Pip Howard at (505) 609-2134

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Farmington

Facility	Class	Day	Time
San Juan Regional Medical Center 30th Street Campus 2325 E. 30th Street Farmington, NM 87401 Phone: (505) 609-2867 https://www.sanjuanregional.com	Mother's B.E.S.T. Breastfeeding Support Group	Last Monday of each month @ Children's Discovery Place 620 West Pinon	6:00 PM Call 505.609.6484 for more information. Visit website below for list of all support groups https://www.sanjuanregional.com/classes-community/support-groups

Las Cruces

Facility	Class	Day	Time
Southern NM Diabetes Outreach Natural Grocers Meeting Room 3970 E. Lohman Avenue Las Cruces, NM 88001 (575) 522-0289 <i>Follow ADA Guidelines & Material</i>	Adult Diabetes Support Group (includes cooking demonstration)	3 rd Thursday of each month	10:00–11:15 a.m. Call June Donahue at (575) 522-0289 for more information
Southern NM Diabetes Outreach 1320 So. Solano Las Cruces, NM 88001 (575) 522-0289 <i>Follow ADA Guidelines & Material</i>	Diabetes Screenings	Rolling Schedule	Call June Donahue at (575) 522-0289 for more information
Southern NM Diabetes Outreach Mountain View Senior Circle 3948 E. Lohman Ave., Suite 1 (Behind Walgreens) Las Cruces, NM 88011 (575) 522-0289 <i>Follow ADA Guidelines & Material</i>	Children/Youth Diabetes Class	1 st Tuesday of each month	5:00–6:30 p.m. Call June Donahue at (575) 522-0289 for more information
Southern NM Diabetes Outreach Mountain View Senior Circle 3948 E. Lohman Ave., Suite 1 (Behind Walgreens) Las Cruces, NM 88011 (575) 522-0289 <i>Follow ADA Guidelines & Material</i>	Adult Diabetes Class	1 st Tuesday of each month	5:00–6:30 p.m. Call June Donahue at (575) 522-0289 for more information
Southern NM Diabetes Outreach 1320 So. Solano Las Cruces, NM 88011 (575) 522-0289 <i>Follow ADA Guidelines & Material</i>	Diabetes Classes	Rolling Schedule	Call June Donahue at (575) 522-0289 for more information and registration

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Roswell

Facility	Class	Day	Time
Chaves County Cooperative Extension Service 200 E. Chisolm St., Suite 4 Roswell, NM 88203	Healthy You (Weight management & mindful eating)	Rolling Schedule	Call Shannon Wooton at (575) 622-3210 for more information
Chaves County Cooperative Extension Service 200 E. Chisolm St., Suite 4 Roswell, NM 88203	Kitchen Creations Diabetic Cooking School	Rolling Schedule	Call Shannon Wooton at (575) 622-3210 for more information
Joy Center 1822 North Montana Ave. Roswell, NM 88203	Enhanced Fitness Class	Mondays, Tuesdays, and Thursdays	9:00–10:00 a.m. and 2:00–3:00 p.m. Call (575) 623-4866 for more information
Roswell Senior Circle 281 N. Main St. Roswell, NM 88203	Strong Bones Class (To prevent osteoporosis)	Mondays, Wednesdays, and Fridays	10:00–11:00 a.m. Call Shannon Wooton at (575) 622-3210 for more information

Santa Fe

Facility	Class	Day	Time
Christus St. Vincent Hospital 455 St. Michaels Dr. Santa Fe, NM 87505 (505) 913-5793	Breastfeeding, Preparation Class	Rolling Schedule	Call Lily Miller at (505) 913-5793 for more information or visit www.stvin.org
Christus St. Vincent Hospital 455 St. Michaels Dr. Santa Fe, NM 87505 (505) 913-5793	Childbirth Education	Rolling Schedule	Call Lily Miller at (505) 913-5793 for more information or visit www.stvin.org
Christus St. Vincent Hospital 490 B. West Zia Road, Ste 4 Santa Fe, NM 87505 (505) 913-3820	Yoga for Cancer Patients and Survivors	Mondays 2:30–3:30 p.m. Thursdays 5:30–6:30 p.m.	Call (505) 913-3820 for more information
Genoveva Chavez Community Center 3221 Rodeo Road Santa Fe, NM 87501 (505) 471-1001, ext. 120	Tai Chi for Arthritis	Tuesdays and Thursdays	3:30-4:30pm Call Ken Searby at (505) 471-1001, ext. 118 for location

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Santa Fe

Facility	Class	Day	Time
La Familia Medical Center 2145 Caja del Oro Road Santa Fe, NM 87507	2 nd Trimester & Nutrition	Rolling Schedule (Spanish available)	Call (505) 395-5238 for more information
La Familia Medical Center 2145 Caja Del Oro Road Santa Fe, NM 87507 Aviva Saust	3 rd Trimester and Breastfeeding Class	Rolling Schedule	Call (505) 395-5238 for more information
La Familia Medical Center 1035 Alto St. Santa Fe, NM 87501	Car Seat Class	Rolling Schedule	Call (505) 395-5238 for more information
La Familia Medical Center 1035 Alto St. Santa Fe, NM 87501 (505) 982-4425, ext. 1358	Introduction to Pregnancy	Rolling Schedule	Call (505) 395-5238 for more information
La Familia Medical Center 1035 Alto St. Santa Fe, NM 87501	Labor and Birth Class	Rolling Schedule	Call (505) 395-5238 for more information
La Familia Medical Center 1035 Alto St. Santa Fe, NM 87501	Diabetes Education Classes	Monthly	Call (505) 982-6928 to get established and to register
The Cancer Foundation for NM 3005 St. Francis Drive, Ste B Santa Fe, NM 87505 Call Caroline Owen at (505) 955- 7931, ext. 3 for more information.	<u>Support Groups:</u> Friends and Family Group Living with Cancer How We Heal	Tuesdays 2 nd and 4 th Wednesday 1 st Wednesday of each month	11:00 a.m.–12:15 p.m. 1:00–2:30 p.m. 1:00–2:30 p.m.
United Way of Santa Fe County 3164 Agua Fria St. Santa Fe, NM 87501 Link to calendar: http://www.uwsfc.org/events/	Preparing the Way (<i>bilingual pre-natal class</i>)	Every other Thursday	4:30–6:00 p.m. Please RSVP to Jessica Terrazas at (505) 819-0137 or jessicat@uwsfc.org

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Santa Fe

Facility	Class	Day	Time
United Way of Santa Fe County 3164 Agua Fria St. Santa Fe, NM 87501 Link to calendar: http://www.uwsfc.org/events/	Yoga for pregnant women and new moms	Wednesdays	11:00 a.m. – 12:00 p.m. Please RSVP to Jessica Terrazas at (505) 819-0137 or jessicat@uwsfc.org

Statewide Classes

Facility	Class	Day	Time
American Cancer Society 8500 Menaul NE, Suite A500 Albuquerque, NM 87112 Shirelle Quintana (505)262-6016	Look Good Feel Better Sessions (Information related to cancer prevention, treatment, and research)	Rolling Schedule	To register for a class, call (800) 227-2345
Alzheimer's Association New Mexico Chapter Support Groups 9500 Montgomery Blvd NE, Ste 121 Albuquerque, NM 87154 www.alz.org/newmexico 24/7 Helpline: (800) 272-3900	Support groups for those caring for someone with Alzheimer's Disease or dementia	Depends on location	To attend a class near you, call (505) 266-4473
Kitchen Creations	Cooking School for People with Diabetes Participants receive a manual, cookbook, and instruction	A series of 4 cooking classes	Call Mariana Lucero at (575) 646-5426 to register for a class near you
Paths to Health NM Programs Manage Your Chronic Disease (MyCD) Program and Diabetes Self- Management Class NM Department of Health Albuquerque, NM www.Pathstohealthnm.org	Learn to manage your diabetes or chronic condition	6-week community workshops offered throughout the state <i>(available in Spanish in some locations)</i> Workshops last 2½ hours	Call to enroll and for dates and locations: Albuquerque: (505) 850-0176 Statewide: (575) 703-2343

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To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

Blue Cross and Blue Shield of New Mexico complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yánílti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kójjí' hódíílnih 1-855-710-6984 (TTY: 711).

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