



APRIL 2025

Health Education Events and Resources

Blue Door Neighborhood CenterSM

Open to All Community Members.

Take part in virtual and in-person events.

The center is open Monday – Friday, 9:00 a.m. – 4:00 p.m.

3925 Las Estancias Way, Building 9, Suite A
Albuquerque, NM 87121

1-505-816-5100

BlueDoorCenterNM.com

[Register Here for an Event](#)

TOPIC	EVENT	DATE	TIME
Health Education	Care Van® Health Screenings In-person	April 2	11:00 a.m. - 2:00 p.m.
	Prenatal Care & Guidelines Virtual & in-person	April 11	12:00 - 12:45 p.m.
	Understanding Alzheimer's and Dementia – English Virtual & In-person	April 22	12:30 - 1:30 p.m.
	Understanding Alzheimer's and Dementia – Spanish Virtual & In-person	April 22	2:00 – 3:00 p.m.
	Postpartum Care Virtual & In-person	April 25	12:00 - 12:45 p.m.
Fitness	Functional Fitness In-person	April 1, 8, 15, 22	11:00 a.m. - 12:00 p.m.
	Tai Chi for Arthritis and Fall Prevention Virtual & in-person	April 3, 10, 17, 24	1:00 - 2:00 p.m.
	Gentle Aerobics Virtual & in-person	April 7, 14, 21, 28	11:00 - 11:45 a.m.
Nutrition	Fresh Harvest Market -Food Distribution In-person	April 2	11:30 a.m. – While supplies last

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	Cooking Demo Virtual & in-person	April 3, 17	11:30 a.m. - 12:30 p.m.
Support Groups	Baby Café-Lactation Support Group In-person	April 11, 25	1:00 - 3:00 p.m.
	Sharing Hope Postpartum Support Group (Spanish only) In-person	April 23	4:00 - 4:50 p.m.
Social/Community	Bingo Virtual & In-person	April 9, 23	1:00 - 2:00 p.m.
	Wellness Gathering In-person	April 18	11:00 a.m. - 2:00 p.m.
	Plant Party In-person	April 29	12:30 - 2:30 p.m.

Care Van[®]

Our mobile health clinic travels statewide to help improve health outcomes for all New Mexicans.

[Care Van Schedule](#)

More Resources

Paths to Health NM

These programs are designed to help adults gain the confidence and skills they need. The goal is to better manage or prevent chronic health conditions or injuries.

[Tools for Healthier Living](#)

Tobacco Cessation

Turquoise Care has partnered with the New Mexico Department of Health to enhance its Tobacco Cessation Program. The program offers free phone and web-based services and support, a personalized Quit Plan including unlimited sessions with a trained coach, free nicotine patches, gums, and lozenges, text messaging support with motivational and educational reminders, specialized help for teens and their families. To enroll call **1-800-QUIT-NOW (1-800-784-8669)** or visit

quitnow.net/newmexico .

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988 Suicide & Crisis Lifeline

This hotline provides support for those who are in distress. Get help dealing with mental, behavioral, and emotional issues or substance use.

Call or text **988**, or chat online at 988lifeline.org .

Treatment Connection

Learn about and search for substance use or mental health treatment. Access the state reviewed network of treatment providers.

treatmentconnection.com .

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BlueCross BlueShield of New Mexico

FindHelp

Search for assistance programs in your ZIP code. Submit requests to join programs and get help with accessing food, paying bills, and more.

findhelp.org 

Share New MexicoSM

Search this directory to learn about resources statewide.

[Community Resource Directory](#) 

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