



Newsletter

APRIL 2025

**#LOVE_{FOR}
MEXICO**

World Health Day: **Small changes, big impact.**

In the context of World Health Day, we want to remind you that taking care of our health is a priority that directly impacts our quality of life. Health is not only the absence of disease, but a complete state of physical, mental, and social well-being.

At A Good Group of Friends, we recognize that access to medical services and health education are fundamental to building a stronger and more caring society. For this reason, we have been providing free medical care to vulnerable communities in 14 states across the country for over 19 years.

That's why we continue to promote Free Medical, Mammography, and Child Health Days to bring essential services to those who need them most.

Taking care of yourself is an act of self-love and social responsibility!



During April

We remain steadfast in our commitment to provide medical care to the most underserved communities through our Free Medical Care Days. This month, thanks to our dedication and collective effort, we achieved the following:

15 localities in 1 municipality of the state of Campeche

1 locality in 1 municipality of the state of Chiapas

7 localities in 1 municipality of the state of Tamaulipas

14 localities in 4 municipalities of the state of Puebla

25 localities in 10 municipalities of the state of Tabasco

Thanks to our teamwork, we provided assistance in family medicine, dentistry, nutrition, cancer screenings with mammograms, and health promotion workshops to help communities stay healthy.



Our **impact**

The Free Medical Care Days through Mobile Medical Units in the month of april attended to 6,528 people in 5 states of Mexico.

Campeche

- 963** Family medical consultations
- 1,723** Dental interventions
- 183** Ultrasound and electrocardiograms
- 157** Detections of breast cancer

Chiapas

- 204** Family medical consultations
- 333** Dental interventions
- 17** Ultrasound and electrocardiograms

Tamaulipas

- 475** Family medical consultations
- 1,071** Dental interventions
- 38** Ultrasound and electrocardiograms

Puebla

- 929** Family medical consultations
- 5,763** Dental interventions
- 367** Ultrasound and electrocardiograms

Tabasco

- 3,186** Family medical consultations
- 4,415** Dental interventions
- 315** Ultrasound and electrocardiograms

Recognition of our

#LoveforMexico



"I'm so grateful for these consultations, right when I needed them most. I hope to be able to count on your service again."

Jennifer C.

(Name assigned to protect patient's privacy)

"The community was treated with great warmth. I am deeply grateful for the support."

Alejandro C.

(Name assigned to protect patient's privacy)



"Thank you so much for the kind words you have given us, it is of great value to us. I hope you will return soon."

Lourdes P.

(Name assigned to protect patient's privacy)



"The doctors provided excellent care and were very kind. I sincerely appreciate the work they do."

Carlos A.

(Name assigned to protect patient's privacy)



Be part of our mission



If you are looking for a way to make a real difference in the lives of vulnerable communities in Mexico, we invite you to consider making a donation to our free medical care days. Your contribution, no matter its size, can make a significant impact on the health of each individual. Make your donation through our website: www.ubga.org.mx/donations, or make a **DIRECT** donation with the following reference:

Firm name:

Un Buen Grupo de Amigos, A.C.

Clabe:

012650001990359826

Account number:

0199035982

Bank:

BBVA Bancomer

SWIFT/BIC:

BCMRMXMMPYM

(International deposits)

If you reside abroad, you can make a direct donation using the **SWIFT/BIC** reference provided above, or through the [GlobalGiving](https://www.globalgiving.org) platform to obtain your tax-deductible receipt.



We working in **alliance** with:

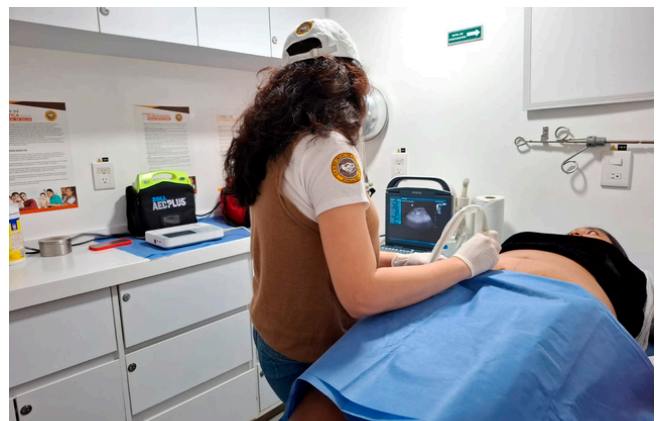


GlobalGiving

**Special thanks for
your generosity!**

Your donation has made it possible for us to continue providing medical assistance to our communities. Your support has been essential in improving the health and well-being of those who need it the most.

Thank you again for making a difference in Mexico!



Certifications and authorizations

Nationals

- Member of the Mexican Center for the Philanthropy
- Accreditation in Organization and Transparency
- Certificate of Capacity, Quality, and Security for Medical Care, issued by the Coordination for Quality and Education in Health, from the Health Ministry of the state of Puebla
- Authorized grantee for deductible national donations. Last publication DOF January 03rd 2025
- Authorized grantee for deductible international donations. Last publication DOF January 03rd 2025



International

- Trace Anti-Bribery Compliance Solution Trace Certification ID: tc7162-5416
- Member of Global Giving
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