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# Newsletter

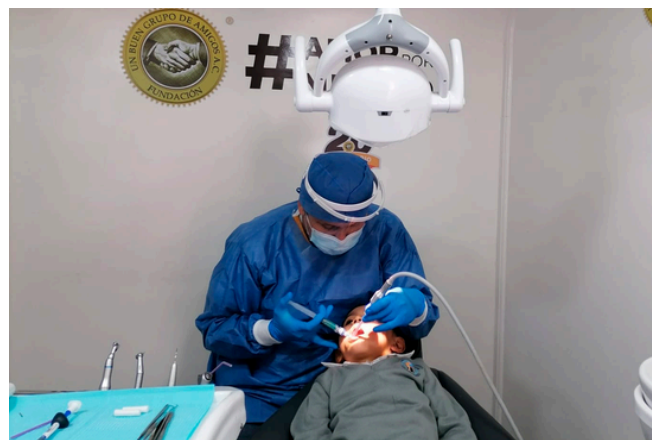
MARCH 2026

**#** LOVE FOR  
MEXICO

# “Oral Health: The Key to a Better Quality of Life”

March 20 marks World Oral Health Day, a day that invites us to reflect on the importance of taking care of our oral health as a fundamental part of our overall well-being. Oral health directly influences our ability to speak, smile, and eat properly, significantly impacting people’s quality of life.

At Un Buen Grupo de Amigos, we recognize the importance of oral health in daily life. That is why, through our medical outreach programs and community initiatives, we promote prevention, oral hygiene education, and access to healthcare services—especially in communities that need it most—thereby contributing to comprehensive and timely care.



# During **March**

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 localidades en 1 municipio del estado de Campeche
- 8 localidades en 3 municipios del estado de Chiapas
- 7 localidades en 1 municipio del estado de Morelos
- 15 localidades en 2 municipios del estado de Tlaxcala
- 7 localidades en 1 municipios del estado de Veracruz
- 33 localidades en 12 municipios del estado de 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 march attended to 8,851 people in 6 states of Mexico.

## Campeche

<b>1,062</b>	Family medical consultations
<b>1,772</b>	Dental interventions
<b>284</b>	Ultrasound and electrocardiograms
<b>173</b>	Breast cancer screenings

## Chiapas

<b>1,112</b>	Family medical consultations
<b>1,639</b>	Dental interventions
<b>88</b>	Ultrasound and electrocardiograms

## Veracruz

<b>466</b>	Family medical consultations
<b>643</b>	Dental interventions
<b>41</b>	Ultrasound and electrocardiograms

## Tlaxcala

<b>188</b>	Family medical consultations
<b>4,723</b>	Dental interventions
<b>21</b>	Ultrasound and electrocardiograms

## Tabasco

<b>2,983</b>	Family medical consultations
<b>3,346</b>	Dental interventions
<b>490</b>	Ultrasound and electrocardiograms
<b>890</b>	Breast cancer screenings

## Morelos

<b>669</b>	Family medical consultations
<b>1,359</b>	Dental interventions
<b>52</b>	Ultrasound and electrocardiograms

# Recognition of our

## #LoveforMexico



*"Thank you for coming. Your visit meant a lot to us."*

**Ana G.**

(Name assigned to protect patient's privacy)

*"They treated us very well and with great respect. They explained everything to us patiently and put us at ease. Thank you so much for coming to support us."*

**Carlos R.**

(Name assigned to protect patient's privacy)



*"Thank you for coming to help us and treating us with respect. We look forward to seeing you here again."*

**María L.**

(Name assigned to protect patient's privacy)



*"We don't have much money, but they treat us with respect here. I'm leaving feeling at ease and grateful."*

**Juan P.**

(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](http://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 09, 2026
- Authorized grantee for deductible international donations. Last publication DOF January 09, 2026



## International

- Trace Anti-Bribery Compliance Solution Trace Certification ID: tc7162-5416
- Member of Global Giving
- Certificate of credibility by D&B Record number 812799196



## ¡Take action with us!

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## Contact **Ubga**



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