BlueCross BlueShield of New Mexico

October 2024

Blue Door Neighborhood Center℠

Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday
	BDNC 101 11am-2pm	Fresh Harvest Market 9:30am-11am	BDNC 101 11am-2pm	Family Discussions on Sexuality 10am-12pm	
7 *Dance Fusion 10am-11am	8 BCBSNM LTSS Member & Caregiver Advisory Group 11am-1pm	9 Center Hours Only 9am-12pm	10 BCBSNM Medicaid Native American Advisory Board 12pm-2pm	11 Family Discussions on Sexuality 10am-12pm Baby Café: Lactation Support Group 1pm-3pm	12
14 Indigenous Peoples Day Ask a Healthcare Provider 12pm-1pm	15 Medicare Enrollment 9am-1pm SNAP Enrollment 9am-1pm	16 Bingo 1pm-2pm	17 Health Matters: Cancer Chat 1:30pm-2:30pm	18 Family Discussions on Sexuality 10am-12pm	19
21 BDNC 101 11am-2pm	22 Medicare Enrollment 9am-1pm	23 *Gentle Stretch 1pm-2pm	24 Comadre a Comadre 1pm-2:15pm	25 Family Discussions on Sexuality 10am-12pm Baby Café: Lactation Support Group 1pm-3pm	26
28 BDNC 101 11am-2pm	29 Medicare Enrollment 9am-1pm	30 Mini Offering Workshop 11am-12pm	31 Boo Bash with the BDNC Staff! 12pm-4pm	We are recognizing National Breast Cancer Awareness and Indigenous Peoples Day	You have the option to join us in-person or virtually for a variety of classes offered from the hours of 9 am – 4 pm.

Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation,
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Connect with us:

3925 Las Estancias Way Building 9, STE A
Albuquerque, NM 87121
505-816-5100

Hours of Operation
Mon. - Fri: 9 a.m. - 4 p.m.

www.**BlueDoorCenterNM**.com
www.facebook.com/**BlueDoorCenterNM**

Fresh Havest Market: Come kick-off our first market with a variety of fresh produce (while supplies last), cooking demos and children books all at no-cost.

Health Matters: Cancer Chat: Join us to learn more about the New Mexico Department of Health Breast and Cervical Cancer Early Detection Program and the services offered for the community.

Comadre a Comadre: Stop by to meet breast cancer survivors and learn how they can help you or your loved one.

Family Discussions on Sexuality: Join us to learn the tools to navigate difficult topics to talk about as a family such as consent, the body, diversity of genders and orientations, sexual abuse and healthy relationships.

Baby Café: Lactation Support Group: Join us for prenatal and postpartum lactation support groups. The groups will focus on lactation education and overall support.

Ask a Healthcare Provider: Birthing people are invited to join Paradigm Physical Therapy for a session on pelvic floor therapy.

Bingo: Join us for fun games of Bingo and to meet new friends and neighbors.
*Low-impact fitness: Join us for our low-impact fitness and mindful breathing classes to improve heart health, flexibility and reduce stress.

BDNC 101: Come meet the team and learn about upcoming health and wellness classes, community events and workshops!

BCBSNM LTSS Member and Caregiver Advisory Group: This meeting is open to BCBSNM Medicaid members and their care partners, receiving Long Term Services and Supports either in the community or a nursing facility.

BCBSNM Medicaid Native American Advisory Board: Blue Cross and Blue Shield of New Mexico wants your feedback about our Medicaid services. This meeting is open to BCBSNM Medicaid members.

Medicare Enrollment: Come talk to a representative about Medicare enrollment in English and Spanish.

SNAP Enrollment: Roadrunner Food Bank can help you apply for SNAP benefits provided by the State of New Mexico's Health Care Authority.

Mini Offering Workshop: Learn about Día de los Muertos and make your own mini offering to honor your loved ones who have passed. Bring a photo or small personal item that reminds you of your loved one.

Boo Bash: Come kick-off Halloween with the Blue Door Neighborhood Center team and enjoy healthy snacks, music, costumes, pumpkin painting and more!