



Newsletter

JUNE 2026

**#LOVE_{FOR}
MEXICO**

“Prevention: **Your Ally in Good Health**”

Prevention is one of the most important tools for protecting health and improving quality of life. Adopting healthy habits, maintaining a balanced diet, engaging in physical activity, and undergoing regular medical checkups allows for the timely identification of risk factors and helps prevent the development of various diseases before they become a major problem.

At Un Buen Grupo de Amigos, we promote prevention as a fundamental part of our Free Medical Care Days and Health Promotion Workshops, bringing care and information to communities where access to health services may be limited. We believe that providing guidance and encouraging self-care helps more people make informed decisions to protect their health and that of their families.



During June

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:

- 10 localities in 3 municipalities in the state of Campeche
- 13 localities in 2 municipalities in the state of San Luis Potosí
- 11 localities in 3 municipalities in the state of Tlaxcala
- 7 localities in 2 municipalities in the state of Veracruz
- 44 localities in 12 municipalities in 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 10,055 people in 5 states of Mexico.

Campeche

1,204	Family medical consultations
1,898	Dental interventions
277	Ultrasound and electrocardiograms
222	Breast cancer screenings

San Luis Potosí

1,136	Family medical consultations
1,618	Dental interventions
121	Ultrasound and electrocardiograms

Veracruz

3,519	Dental interventions
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Tlaxcala

4,078	Dental interventions
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Tabasco

4,635	Family medical consultations
5,898	Dental interventions
506	Ultrasound and electrocardiograms
469	Breast cancer screenings

Recognition of our

#LoveforMexico



"We thank you for everything you did for us. You helped us a lot, and we hope you'll come back soon, because we really need this kind of care here."

Eulalia H.

(Name assigned to protect patient's privacy)

"We'd like to thank everyone who came. They treated us very well and made us feel at ease. We hope you'll come back again."

Carlos G.

(Name assigned to protect patient's privacy)



"Thank you for coming to our community. We're leaving very happy with how you treated us. May God bless you, and our doors will always be open here whenever you want to come back."

Teodora F.

(Name assigned to protect patient's privacy)



"We really need this help here. A lot of the time, we can't afford to see a doctor. Thank you for coming to our community and for giving us medicine."

Evaristo C.

(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 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



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