

# CBN HEALTH CENTER, INC.

JULY 2023 NEWSLETTER

129 MEDICINE HORSE DRIVE  
505-908-2307  
WWW.CBNHC.ORG



\*L/L Event = Lunch/Learn (Food will be Provided)

## DENTAL

Please check your dental coverage with your health insurance for routine cleaning benefits.

Example: If you have NM Medicaid, the dental cleaning services goes as follows, one cleaning visit every six months for children under 21 years of age and 21 and older with developmental disabilities. One cleaning visit every 12 months for members 21 and older.

This is important because you if you visit multiple dentist offices you will need to keep track of your cleaning visits to avoid denials or charges billed to you.

## SPORTS PHYSICAL EXAMINATION

**Offering same day sports physical exams for students June and July.**

**PLEASE CALL AHEAD - (505) 908-2307 EX. 271**

Download the Sports Physical form online at [NMACT.org](http://NMACT.org) or [CBNHC.org](http://CBNHC.org) under **FORMS** and fill out form before physical exam.



## JULY EVENTS

- ♥ July 4 Holiday - Clinic Closed
- ♥ July 5- L/L Event – Lovelace Health System @ 12pm
- ♥ July 6- Mammogram
- ♥ July 7 – Free Rabies Clinic - 9am to 3pm
- ♥ July 10 – Diabetes Program - “Vegetables & Low Sodium Challenge”  
Call (505) 908-2307 ex.222/223 to Sign-up - 4wk challenge
- ♥ July 10 – Mental Health First Aid Training @ 8am-4:30pm
- ♥ July 13- I.H.S Food Handler Training at 1pm-3pm
- ♥ July 19- L/L Event – Dementia @ 12pm
- ♥ July 26- L/L Event – BeWellnm @12pm





## PHARMACY

It's that time of the year to start planning ahead for the upcoming holidays.

Please be mindful of your next med refills.

- ✓ Plan ahead
- ✓ Call-in refills
- ✓ Pick-up medication

Refill Line - (505) 908-2307 ex.160



## Mental Health First Aid Training

Monday, July 10, 2023

8:00 AM - 4:30 PM

CBNHC Conference Room

For individuals wanting to learn about Mental Wellbeing.

To sign up contact: CBNHC Behavioral Health Dept - Lisa King (505) 908-2307 ex. 304.



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## FREE RABIES CLINIC



WHEN: JULY 7th, 2023  
9:00am Until 3:30pm

WHERE: Across from Chapter House (Old Diabetes Trailer)

By Appointment ONLY

Call to Schedule:  
Kristine Platero

Office: (505) 908-2307 Ext. 227

Cell: (505) 980-0739



# BREAST CANCER

Early Detection

*Self-exam*

*Mammography*

*Know your  
family history*

JULY 6, 2023- Mammogram  
Schedule appointment call  
505-908-2307

## IHS FOOD HANDLER'S TRAINING

July 13<sup>th</sup>, 2023 @ 1pm - 3pm  
CBN Conference Room  
Call CHR at (505) 908-2307



HAVE A SAFE AND WONDERFUL  
4<sup>TH</sup> OF JULY!

**DON'T DRINK AND DRIVE!!**