

## Health briefs: Feb. 10

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**Doña Ana County Health Alliance Meeting:** 3 to 5 p.m. today at the Doña Ana County Government Center, room 1-111 and 113. Alliance meetings are open to the public. Info: Cynthia Estrada, 575-525-5864 or [cynthiam@donaanacounty.org](mailto:cynthiam@donaanacounty.org).

**Memorial Cares Seminar:** 5:30 to 7:30 p.m. Thursday in Memorial West Annex Conference Rooms, Memorial Medical Center, 2450 S. Telshor Blvd. Free screenings, question-and-answer with the doctors, and get a coupon for a free cholesterol screening. Presented by Memorial's Heart Team, Dr. Connor, Dr. Alkouz, Dr. Zaeem and Dr. Corral. Reserve your spot at this free seminar. Space is limited. RSVP or info: 575-532-4453 or 800-424-3627.

**Behavioral Health Local Collaborative 3 Membership Meeting:** 11:30 a.m. Thursday at La Clinica De Familia, 100 W. Griggs, upstairs conference room. Information sharing on local behavioral health issues with lunch included. Public welcome. Free.

**Dia Del Amor Downtown Dance Party:** 8 p.m. to 1 p.m. Friday at the Crossroads Acupuncture, 130 S. Main St. Featuring live music from Simeon Beardsley and more, With DJ RiseOHM Shahid Mustafa. This is a joint fundraiser for Flores de Juárez, a barefoot health project in Mexico, and Developing Youth from the Ground Up/Sustain, a community organic farm in Mesilla. Info: 575-312-6569 or [Crossroadsacupuncture.com](http://Crossroadsacupuncture.com).

**Annual Cupid's Chase 5K:** 10 a.m. Saturday at Mesilla Plaza 2114 Calle De Santiago. Registration at 8 a.m. Registration fee is \$30 before Friday and \$40 day of race. Community Options, Inc. invites runners, walkers, and rollers (baby strollers and wheelchairs) to help make a difference in the lives of people with disabilities by participating in the Cupid's Chase 5K. All proceeds go to supporting the people with disabilities in the community. Registration: [cupidschase.org](http://cupidschase.org). Info: [comop.org](http://comop.org).

**For the Love of Fitness Fair:** 10 a.m. to 2 p.m. Saturday at Rio Grande Preparatory Institute, 2355 S. Avenida de Mesilla. They will have eight local gyms performing eight different exercise sessions — yoga, crossfit, zumba, boxing, taekwondo, pilates, jazzercise, and kickboxing. People can come and try one or all of them, each session is 30 minutes. Also they have a health fair going on — blood pressure, blood sugar, cholesterol, hearing, get a massage, adopt a puppy and much more. All proceeds will benefit the RGPI students. Cost is \$20 for all events and free for children 12 and under with a paying adult. People can sign up at [gofund.me/Fortheloveof](http://gofund.me/Fortheloveof).

**Valentine's Date Day:** Two treatments for \$20 from 10 a.m. to 3 p.m. Saturday at Crossroads Acupuncture, 130 S. Main St. Bring a date and share a treatment together, and share the cost of one treatment. Appointments or info: 575-312-6569 or book online, [Crossroadsacupuncture.com](http://Crossroadsacupuncture.com).

**CPR Training:** Hands-only CPR training from 10 to 10:30 a.m. Saturday in the west annex conference room, Memorial Medical Center, 2450 S. Telshor Blvd. The free CPR class taught by Region II EMS. Class is limited to 30 students. RSVP or info: 575-524-2167.

**Tri-Unity Conference:** The conference will take place Tuesday, Feb. 16, at the NMSU Corbett Center, 1600 International Mall. Building a network of care to promote the well-being of families and children experiencing adversity. Featured speaker will be Brenda Jones Harden, Ph.D., an associate professor in the department of human development and quantitative methodology, University of Maryland College Park. Register online at [triuunityconference.net](http://triuunityconference.net). Info: Felicia, 575-526-6682 or [folivas@aitkids.com](mailto:folivas@aitkids.com).

**Immunization Services:** The New Mexico Department of Health's Las Cruces Central Public Health Office, 1170 N. Solano Drive, provides full-time immunization services for children and adults. Immunizations services are available for walk-in customers from 8:30 to 11 a.m. and by appointment only from 1:15 to 4 p.m. Monday through Friday. Info: 575-528-5017.

**SMART Recovery:** Las Cruces Central Public Health Office, 1170 N. Solano Drive, hosts this free weekly addiction recovery class, Smart Management and Recovery Training, every Wednesday from noon to 1 p.m. Learn to maintain motivation, cope with urges, manage thoughts and behaviors and live a balanced life. Free. Info: 575-528-5053.

**Vital Records Office:** The Las Cruces Public Health Office, 1170 N. Solano Drive, is available for registering and acquiring birth or death certificates. Monday through Wednesday from 8 to 11 a.m. and 12:15 to 4 p.m.; and Thursday and Friday from 9:30 a.m. to noon. and 1 to 3 p.m. Clients are encouraged to call ahead to ensure the office is open before making a visit, 575-528-5001.

**Free Well Water Testing:** The Doña Ana County Cooperative Extension Service, the New Mexico Department of Health and the Water Resources Research Institute at New Mexico State University are offering private well owners the opportunity to test their well water for free. Private well owners in Doña Ana County may stop by the Cooperative Extension Office, 530 N. Church St., to pick up their free water sampling kit from 8:30 a.m. to noon or 1 to

4:30 p.m. Monday through Friday. The kit includes an instruction sheet explaining how to collect your sample and submit it for free testing. The samples are shipped to a commercial laboratory in Albuquerque and tested for the presence of coliform, fluoride, arsenic and other contaminants. Results are provided to property owners within three weeks.

**New Waiver Program — MiVia:** Alegria Family Services, a longtime waiver provider, is now offering competitive MiVia Waiver services throughout New Mexico. Info: 844-301-8668 or [AlegriaFamily.com/MiVia1.htm](http://AlegriaFamily.com/MiVia1.htm).

## UPCOMING

**Sweet and Savory Grain-free Baking:** Baking demo from noon to 1:15 p.m. Feb. 20 at Natural Grocers, 3970 E. Lohman Ave. Presenter will be Marianne McLaughlin. Whether necessity or choice led you to eat grain free, this eating style is helping many experience the health benefits: less bloating, less brain fog and better sleep. This doesn't mean depriving yourself of your favorite meals. Learn easy, sweet and savory grain-free recipes that will allow you to take gluten free to the next level. Info: 575-522-1711.

**Lamaze Classes in English, Spanish:** The New Mexico State University School of Nursing will offer Lamaze childbirth preparation classes in both English and Spanish for free to pregnant women in their sixth to eighth month of pregnancy. The second English session will take place from 6:30 to 8:30 p.m. March 24 through April 28 in the College of Health and Social Services building. The second Spanish session will be from 6:30 to 8:30 p.m. March 23 through April 27 in the College of Health and Social Services building. NMSU nursing faculty and students are teaching the educational classes to women. A support person is welcome to attend with the mothers. Free parking is available off Jordan St. Registration or info: college assistant professor Martha Morales, 575-646-8089, [moralest@nmsu.edu](mailto:moralest@nmsu.edu) or [lamaze.org](http://lamaze.org).

## ONGOING

**Alzheimer's Family Support and Early Stage Support Groups:** 6 to 7 p.m. the third Thursday of the month at the Village at Northrise, Morningside, 2880 N. Roadrunner Pkwy., in the activity and exercise room. A light meal is provided. Info: Bonnie, 575-556-6117.

**Ballroom Dances:** 8 to 10 p.m. Thursdays at 402 W. Court Ave. A fun and exercise night with the Big Band Dance Club. Lessons available. Admission is \$9. Info: 515-526-6504.

**Bike and Chowder Society:** All levels of recreational bicycle riders are welcome to join them for friendly, fun bike rides. All rides begin at 9 a.m. Sundays, Tuesdays, Thursdays and Saturdays at the Mesilla Plaza. Coffee and/or food after the rides if you wish. Info: Dona, 575-647-0757 or Helen, 575-649-6150.

**Classes at Project in Motion:** Project in Motion, 430 N. Compress Road, has classes Monday to Thursday for different levels of experience and age. Visit the website for full list of classes. Cost: first class is \$5; \$50 for four-class aerial punch card; \$80 for an eight-class aerial punch card. Info: [projectinmotion.com/classes.html](http://projectinmotion.com/classes.html), 575-208-4413, [pimdance@gmail.com](mailto:pimdance@gmail.com).

**Dance! with NMSU Dancesport:** 7 p.m. Tuesdays at the Arrowhead Park Early College High School, 3600 Arrowhead Drive. Lessons change every two weeks and you can begin at any time. Cost is \$5 per lesson. Come every week and learn 13 dances this semester. No partner necessary. Everyone welcome. Info: 575-646-4067, [dancesport@nmsu.edu](mailto:dancesport@nmsu.edu).

**Dancercise:** 10 to 11 a.m. Mondays, Wednesdays and Fridays at MountainView Senior Circle, 3698 E. Lohman Ave., behind Walgreens. Free to Senior Circle members or \$2 a class. Bring a mat, water and free weights. Info: Sherri, 575-640-2903.

**EnhanceFitness Class:** Mondays, Wednesdays and Fridays from 8 to 9 a.m. at the Munson Senior Center, 975 S. Mesquite St. Info: 575-528-300; Tuesdays, Wednesdays and Fridays from 9:45 to 10:45 a.m. at the Sage Café, 6121 Reynolds Drive. Taught by Alex Palacios. Fun and free. Info: 575-528-3151.

**Exercise Classes at Golden Mesa:** Recurring exercise classes are offered to the public without charge. Classes start at 9:30 a.m., each day at Golden Mesa, 151 N. Roadrunner Pkwy. Schedule: Mondays, Ball-er-cise, concentrates on resistance exercises using inflatable balls and mylar strings; Tuesdays there are chair exercises, and other invigorating exercises; Wednesdays class is Tai Chi, a somewhat slower exercise regime, which helps to stretch muscles; Thursdays classes include chair exercises and some standing, more strenuous routines, as well as pool walking in the heated pool; Fridays features water aerobic classes, including polo and volleyball in the heated pool. Info: Cheri, or Rachel, 575-522-4219.

**Family Caregivers Support Group:** 11:30 a.m. to 1 p.m. every Thursday at the Sunset Grill, 1274 Golf Club Road. Group allows family and caregivers to share their feelings, ideas and advice with each other. Info: Home Instead Senior Care, 575-522-7133.

**Low-Vision Support Group:** Meets the first Tuesday of the month from 9:30 to 11:30 a.m. at the Papen Center, 304 W. Bell St., and from 2:30 to 3:30 p.m. at the Munson Senior Center, 975 S. Mesquite St. Info: 575-528-3000.

**Mama's Milk Club Breastfeeding Support Group:** 10 to 11:30 a.m. Fridays at Memorial Medical Center, West Annex, in the Pinon A meeting room. Refreshments are provided. No charge. Info: 575-521-5393.

**Narcotics Anonymous:** 7 p.m. every day in Las Cruces. Meetings are Sunday at University Church of Christ, 1555 E. University Ave. Monday and Friday at Mesilla Valley Hospital, 3751 N. Del Rey Blvd.; Tuesday, Wednesday and Saturday at Community of Hope, 999 W. Amador Ave.; Thursday at Peace Lutheran Church, 1701 E. Missouri Ave. Info: 575-915-2442, gone2nm@yahoo.com.

**Natya Yoga and Belly Dancing Classes:** Natya Yoga from 3:30 to 4:30 p.m. and belly dancing from 4:30 to 5:30 p.m. Tuesdays at the Women's Intercultural Center, 303 Lincoln St., in Anthony. Prabvi GuaLoa will be the instructor for both classes. Cost is \$4 per class, \$7 for both classes, or \$25 per month. Info: Magali Almaraz, 575-882-5556.

**New Yoga Class (en Español):** 5:15 to 6:15 p.m. Wednesdays at Crossroads Community Supported Acupuncture, 130 S. Main St. \$5. Info: 575-312-6569.

**Pilates class:** 5 to 5:45 p.m. Tuesdays and Thursdays at the Mesilla Community Center, 2251 Calle de Santiago. Cost is \$5.

**Piloxing:** Every Saturday at 10 a.m. and Wednesday at 5:30 p.m. at the Pi Pilates Studio, in the Caballero Plaza of Old Mesilla, 2521 Avenida de Mesilla. The 10-class package is \$35. Info: 575-640-0380.

**Salsa Saturdays:** Opens with a free introductory salsa dance lesson at 7:30 Saturday, and every second and fourth Saturday of the month, at Amaro Winery, 402 S. Melendres St., followed by open dancing until closing. No partner required. 21+. Free. Info: 575-527-5310, 575-572-5640.

**Take Off Pounds Sensibly, No. 55:** The group has weigh-in from 5 to 5:30 p.m., followed by a meeting until 6:30 p.m. Thursdays at Sunny Acres RV Club House, 595 N. Valley Drive. Yearly registration fee, plus dues of \$3 a month. If you are the biggest loser at weigh-in, your dues are paid that month. Info: DeeDee Jefferson, 575-527-2425 or Susie Abbott, 575-650-8310.

**Tai Chi:** 4 to 5 p.m. Mondays, Wednesdays and Fridays at Munson Senior Center, 975 S. Mesquite St. \$2 ages 50 and up, \$1 ages 60 and up. Info: 575-528-3000.

**Trauma Recovery and Growth Group:** 11 a.m. to 12:30 p.m. Saturdays at the Las Cruces Veterans Readjustment Counseling Center, 230 S. Water St. Initial intake and screen with a Vet Center provider is required before attending the group. Schedule a screening by calling 575-523-9826. Veterans must bring a DD 214 showing combat service to their first appointment. Active-duty military people must call to inquire. Info: 575-523-9826, 915-497-6496, pamelapierce4@va.gov.

**Vinyasa Flow Yoga:** 6 to 7:30 p.m. Wednesdays at the historic Amador Hotel, 180 W. Amador Ave. \$5 per class with 50 percent of proceeds donated to the renovation of the hotel. Info: 575-312-0344.

**Yoga:** Noon to 1 p.m. Wednesdays and Fridays at Downtown Desert Yoga, 303 S. Alameda Blvd. All levels of experience, 60-minute yoga class. \$8 for yoga. Info: 575-647-9642, downtowndesertyoga.com.

**Yoga by donation:** Karen Nichols offers drop-in yoga classes by donation every Thursday from 6:15 to 7:45 p.m. at My Place Jewel, 132-A Wyatt Drive. All are welcome. Donations are for the use of the studio and to benefit Jardin de Los Niños. Info: email karen\_f\_n@yahoo.com or leave a message at 575-882-4943.

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