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La Maestra Community Health Centers

Heart of the Community Newsletter

Casino Night

May 20, 2011

6 pm - 11 pm

Your invitation will arrive soon!

La Maestra Food Pantry

Have you visited our food pantry in City Heights?

We are thrilled with our Healthy Food Pantry program. The Food Bank and Feeding America support our efforts to ensure our patients in need have access to free nutritious food options.

Thanks to this partnership, we have helped hundreds of families in need.

Earth Day Fair

Join us for earth friendly health and wellness activities

April 12, 10am-3pm

We are mixing it up this Earth Day celebration!

Attendees will learn about gardening, help plant trees, make eco-friendly piñatas, take a spin at Zumba and receive free health screenings from a variety of our community partners.

Hello Friends,

We have exciting news to share this Spring. I look forward to seeing you at our upcoming events this year, starting with Earth Day in April and Casino Night in May.

March is National Nutrition Month, the perfect time to celebrate our expanded Food Pantry initiative. I encourage you to put your best foot forward with your nutrition as well as those close to you.

We couldn't do what we do without the hard work of our staff, volunteers, donors, and stakeholders. Thank you for your continued support!

Healthy regards,
Zara Marselian, CEO

Diagnostic Medical Sonography added to our Circle of Care

Our state of the art Diagnostic Medical Imaging services are truly making a difference in the health of patients.

La Maestra's ARDMS sonographers perform the ultrasound exam within 1-3 days of receiving a referral, or on the same day if needed. Images are sent digitally on a secure network to certified Radiologists, who provide the diagnostic report to the medical provider on the same day.

With this addition to our Circle of Care, La Maestra has been able to rapidly diagnose serious medical conditions, vastly improving the triage and quality of

Activities will take place at our Community Garden at 4129 Fairmount and our parking lot at 4060 Fairmount Avenue.

New Partnership with Paradise Valley Hospital

La Maestra is working on a pilot program with PVH in National City to broaden our services for our patients as well as theirs! We plan to open our new clinic in April.

Save the Date!

Mark your calendars and help spread the word for our upcoming fundraisers and events:

April 12
Earth Day Garden Fair

May 20
Casino Night

June
Mothers, Daughters,
Sisters, Friends

July 22
Kids Afloat Sail Benefit

September 9
Golf Tournament

medical care for our patients.

We take referrals for patients with insurance and we offer very affordable rates for uninsured, self-pay patients. Obstetrical, Endovaginal, Gynecological, Abdominal, Renal, Breast, Thyroid, Testicular, Pediatric, Peripheral Venous Duplex, Carotid Duplex and Aortic sonography services are available at all of our medical clinic sites.

→ La Maestra Blossoms is Blooming

Keep us in mind when you need to pick up fresh flowers for someone special. Daily and seasonal flower arrangements are available for sale in the La Maestra Boutique on the 1st floor of our City Heights location. [Email us](#) for a price list.



*Mother's Day is on
May 8th!*

In addition to flowers, stop by the Boutique to shop for gently used home goods, as well as unique merchandise like handmade jewelry, accessories and gifts handmade by participants in our Microcredit program.

Are you gearing up for Spring Cleaning? We are always looking for gently used and new items to add to our boutique. Your tax deductible donations are welcome!

Hours of operation: Monday-Friday 10 am - 4 pm
Your donations and purchases help us raise money for La Maestra Foundation programs!

Did you know???

Did you know that our Microcredit Program has assisted more than 350 women with successful business start-ups? Special thanks to Elena Cruz for leading the program. We've helped so many women successfully start their own small businesses ranging from delicious foods and handmade gifts to fashion merchandising and product development. If you know of any women who need help to get back on their feet, or if you would like to make a contribution to this life-changing program, please contact [Elena](#).

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