



# Fundacion Astra News

Hola! We hope you enjoy our first newsletter. In this issue we share a bit about our organization and the outcome of our first fundraiser March 17, 2025, at Tiki Todd's Sports Bar. The event was wildly successful thanks to folks like you! In future issues we will bring you more news about how your support sustains our local clinic and our community health outreach efforts serving the state of Baja California Sur (BCS), Mexico.

## ABOUT FUNDACION ASTRA

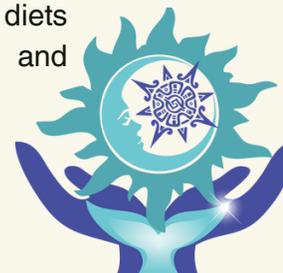
Founded in November 2018, Fundación Astra AC is an officially registered nonprofit coalition of Mexican and international health professionals. We are committed to providing holistic, culturally appropriate, and sustainable solutions to the health challenges of vulnerable communities in BCS. Our community clinic is based in El Centenario outside of La Paz, where we offer free integrated health services to children and families in need.

In addition, we extend medical outreach to marginalized colonias, where we provide basic primary care and medications along with health education. Anyone is welcome to use our services, which are free of charge to local Mexican nationals.



## OUTREACH

Besides consultative services in our clinic, the healthcare team visits schools, communities, after-school programs and community kitchens to distribute vitamins for children, assess pregnant women requiring prenatal care, educate about healthy diets and provide basic medications and deworming.





## HOW WE WORK

In our health campaigns, we engage children to develop healthy habits via enjoyable learning games. By following these communities over time, we have demonstrated that our care is making a difference.

Please see some short videos of our heart-warming success stories available at: [www.fundacionastra.org](http://www.fundacionastra.org) or visit our Youtube channel: [www.youtube.com/@fundacionastra6810](http://www.youtube.com/@fundacionastra6810)



Our additional programs include Art Therapy, Health and Nutrition Fairs, Children's Growth and Nutrition Surveillance, Children's Emotional and Life Skills Development, as well as dental care and food hamper distribution.

We are so appreciative of our many partnerships with UNESCO, Fundacion del Dr Simi, Los Cabos Children's Foundation, Rotary Club Balandra, Rotary Club La Paz, Alianza para la Seguridad Alimentaria, Club Cruceros La Paz, Direct Relief International, and Vitamin Angels.

## THE RECENT FUNDRAISER WAS CRITICAL TO THE SUSTAINABILITY OF OUR EFFORTS. SPECIFICALLY, YOUR FUNDS ARE BEING USED TO SUPPORT THE FOLLOWING:

- 10% for the **Children's Health Fair** -- Educational Health booths at UNESCO-based initiative regarding nutrition and decreasing junk foods and sugar in child diets.
- 20% for the **Integrated Children's Health Program** -- Health education, identification of children requiring referral for specialized care, multivitamin and deworming distribution.
- 15% for the **Art Therapy Program** --- Emotional and behavioral outlet for children in high-risk families.
- 25% for **Community Outreach** --- glucose, blood pressure and basic primary care monitoring for vulnerable adults in marginalized colonias.
- 30% for **Clinic-based consultative services** in nutrition, mental health, acupuncture, peer group support.

Your donation is tax-deductible in the US, through our US charity, The Terma Foundation: [www.terma.org](http://www.terma.org).

We are also tax-deductible in Mexico: [www.fundacionastra.org](http://www.fundacionastra.org)

Thank you for your ongoing support. People like you are making a difference for a better world.

