

# Contigo Cuidador Workshops Calendar 2023

 <b>February 10</b> 10:00 a.m. – 12:00 p.m.	Legal aspects for the caregiver	Face-to-face / Amphitheater
 <b>February 21</b> 6:00 p.m. – 7:00 p.m.	How to achieve a healthy diet for the elderly in an emergency?	Virtual / Microsoft Teams
 <b>March 10</b> 10:00 a.m. – 12:00 p.m.	Oral Health for the Elderly	Face-to-face / Amphitheater
 <b>March 21</b> 6:00 p.m. – 7:00 p.m.	Law on Prior Declaration of Will on Medical Treatment	Virtual / Microsoft Teams
 <b>April 14</b> 10:00 a.m. – 12:00 p.m.	Importance of physical activity for the caregiver	Face-to-face / Amphitheater
 <b>April 25</b> 6:00 p.m. – 7:00 p.m.	Death is spoken of	Virtual / Microsoft Teams
 <b>May 12</b> 10:00 a.m. – 12:00 p.m.	Because mother there is only one	Face-to-face / Amphitheater
 <b>May 23</b> 6:00 p.m. – 7:00 p.m.	How to avoid being victims of crime in adulthood?	Virtual / Microsoft Teams
 <b>June 9</b> 10:00 a.m. – 12:00 p.m.	How to cope with losses in adulthood?	Face-to-face / Amphitheater
 <b>June 20</b> 6:00 p.m. – 7:00 p.m.	Ageism: Eradicating discrimination against older people	Virtual / Microsoft Teams
 <b>July 14</b> 10:00 a.m. – 12:00 p.m.	How to combat loneliness in old age?	Face-to-face / Amphitheater
 <b>July 18</b> 6:00 p.m. – 7:00 p.m.	Let's talk about the needs of the caregiver	Virtual / Microsoft Teams
 <b>August 11</b> 10:00 a.m. – 12:00 p.m.	Testimonials from a caregiver	Face-to-face / Amphitheater
 <b>August 22</b> 6:00 p.m. – 7:00 p.m.	Learn about Parkinson's disease	Virtual / Microsoft Teams
 <b>September 8</b> 10:00 a.m. – 12:00 p.m.	Proper care of a renal patient	Face-to-face / Amphitheater
 <b>September 19</b> 6:00 p.m. – 7:00 p.m.	Dementia Friends	Virtual / Microsoft Teams

To register on our workshops

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