

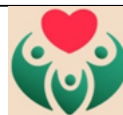
Caregiver TLC: January 2023 Newsletter

From Jennifer Ramsey <rjennife@uncc.edu>
Bcc <sjohnston@tuesdayforumcharlotte.org>
Date 2023-01-28 11:36

CAREGIVER TLC CURATED NEWS FOR CAREGIVERS

ISSUE 1 | JANUARY 2023 | VOLUME 1

Welcome to our first issue of the Caregiver TLC Newsletter. Our goal is to keep you up-to-date on the Caregiver TLC Program and connect you with the latest news and information pertinent to you as a caregiver. Our team of professionals has curated links to news stories, articles, and the latest in caregiving research to support you during your caregiving journey



In This Issue:

- 1. Caregiver TLC Updates:** Continuing Conversations & Upcoming Workshops
- 2. 3 Steps to Building a Healthy Habit:** How to make healthy habits stick. Tips from the CDC.
- 3. PD GENERation:** Updates on Parkinson's Disease Research
- 4. End-of-Life Care for People With Dementia:** Information from the NIH

Continuing Conversations: February 2023

Register here: [Continuing Conversations Registration](#)

Title	Description	Day/Time
Parkinson's 101 for Caregivers	Ann Marie Worman will talk about how the Parkinson Association supports people with Parkinson's and their caregivers. You will learn about resources that are specific to caregiving for someone with Parkinson's and your wellbeing as a caregiver.	Sunday 2/26 @ 3:00pm

Caregiver TLC Workshops

- Space still available for two Spring 2023 Workshops
- Register Here: [Workshop Registration](#)
- Questions: contact Dr. Jennifer Ramsey at rjennife@uncc.edu

Workshops Schedule	Days/Times	Dates
Workshop 1	Thursdays 6-8pm	2/9/2023 -3/16/2023
Workshop 2	Thursdays 6-8pm	3/23/2023-4/27/2023

Links to Articles:



[3 Steps to Building a Healthy Habit](#)



[PD GENERation](#)



[End-of-Life Care for People With](#)

[Dementia](#)

