

VIRTUAL PATIENT ADVOCACY WEEK

Dear ENGAGe members, we are happy to propose to you a variety of SOCIAL EVENTS during the afternoon of Saturday 5th December.
YOU MAY LOOK FORWARD TO:

1. Emotional photography

(1-3 p.m. CET)

This workshop is led by **Dimitra Ermeidou from Greece (www.eyesoflight.gr)** and is limited to 20 participants. It will last for 2 hours and needs a little preparation. *Those of you interested please register at zuzana.santamaria@esgo.org and you will get more information.*

2. Line dance

(3:15 - 3:45 p.m. CET)

This workshop is led by **Danish dancers Lotte and Jespert Tottrup** (https://silverstar-linedancers. dk/) and its capacity is unlimited. Just prepare comfortable clothes and get ready for an unforgettable experience.

3. Yoga class

(4 - 5 p.m. CET)

This workshop is led by a **Czech yoga teacher Jirina Dobrovolna** specialised in soft hatha yoga. It is suitable for everybody who wants to calm down and relax. Capacity of this workshop is unlimited.

4. Cooking class

(5:30 - 6:30 p.m. CET)

This cooking lesson is offered to you by **Elisabetta Ricotti from Acto Onlus in Italy**. Please accept this invitation to prepare an easy pasta dish called "Caccia peppe". Here is a list of what you need to buy in advance: 400g of spaghetti, 200g hard seasone cheese, black pepper and salt.

5. Final toast

(6:30 - 7:30 p.m. CET)

We will all meet together with a glass of champagne (or anything you feel like drinking) and toast to our health and to all upcoming ENGAGe events.

All these events will take place via Zoom (same link as the morning programme on Saturday) and this link will be shared with you shortly.

ENGAGe Team is looking forward to these social events together with all of you!