



**BlueCross BlueShield
of New Mexico**



**HEALTH CARE
AUTHORITY**



Caregiver Support

Date: Monday, May 19

Time: 8:30 a.m.

Location: Virtual

[Register Here](#)

Date: Monday, May 19

Time: 3:45 p.m.

Location: Virtual

[Register Here](#)

We will learn about:

- Defining a caregiver
- Understanding caregiver burnout and how to prevent it
- Tips for being a healthy caregiver
- Supporting a caregiver