



# PROACTIVITY IN CONFINEMENT

EVERY MORNING AT 11:00 A.M. 

14

TUESDAY

**NUTRITION AND COVID-19**

**ALL YOU NEED TO KNOW ABOUT YOUR DIET**

LLUCH ESCUDERO



15

WEDNESDAY

**LET'S THINK ABOUT THE FUTURE**

**AND NOW WHAT DO I DO WITH MY BUSINESS?**

VICENTE GIMÉNEZ FOLCH



16

THURSDAY

**REINVENTING IN TIME OF CONFINEMENT**

MR. DAQUI



17

FRIDAY

**CONTROL CIRCLE**

**EMOTIONAL QUARANTINE MANAGEMENT**

MARTA G. GARAY



**WE NEVER STOP, WE ALWAYS CONTINUE ON THE TRIP**



Ajuntament d'Alzira

