

Join Us for an Informative Presentation: Embracing Technology: Digital Skills for Seniors



Assisting Hands®
Home Care



Technology can make life easier, safer, and more connected, and this fun, hands-on workshop will show you how. Join us to learn simple digital skills that help you stay in touch with loved ones, access important resources, and confidently use your smartphone or tablet.

Why Attend?

- ✓ Learn easy, practical smartphone and tablet skills
- ✓ Discover how to use video calling, photos, email, and essential apps
- ✓ Get safety tips to protect yourself from online scams and fraud
- ✓ Build confidence using everyday digital tools
- ✓ Enjoy hands-on help, friendly guidance, and time to practice

Empower yourself with the digital skills that make everyday life easier, safer, and more connected!

Who Should Attend?

- ✓ Seniors who want to feel more comfortable using their devices
- ✓ Adults who want to stay better connected with family and friends
- ✓ Caregivers supporting seniors who need digital confidence
- ✓ Anyone eager to learn simple tech skills in a relaxed, supportive setting

Step into the digital world with confidence, technology should work for you, not against you!