



## Let's Get Digital

The Digital Wellness program will support you to use technology to maintain and improve your quality of life and wellbeing.

Highlights of the program include:

- Building your own music library.
- Learning to use Facebook.
- Taking photos and creating albums.
- Browsing the web and Google searching.
- Connecting with your family and friends.
- Using a tablet with internet connection.

**For more information:**

1300 782 896 | [integratedliving.org.au](http://integratedliving.org.au)





We can  
help  
introduce you  
to the  
**digital  
world.**

It's **never**  
too late  
to begin.

### **This program will run for 16 weeks:**

- Pre and post program Clinics.
- Two-hourly group sessions over 14 weeks with an iPad and a Participant Guide.
- Lead by qualified health professionals.

### **To be eligible you must:**

- Be aged 65 years and older or 50 plus if you identify as Aboriginal or Torres Strait Islander.
- Be interested in learning to use technology to improve access to health and aged care information and choices for healthy living.