



Technology: Fast & Simple

Practical Apps and Digital
Resources for Caregivers

Join us for a **FREE WEBINAR** about technology in plain language, **designed to boost your digital literacy.**

With demonstrations and real-world examples, we will explore technologies that enhance health, self-care and social support networks online.

This two-part series will be presented on

January 13 & 20

From 10 AM to 11 AM EST

Registration is required.

Please visit www.techcoaches.ca/specialevents