

Successful Aging & Technology

Participate and change your life!



SCAN's Successful Aging and Technology program has two parts:

- (1) technology training on Android tablets and
- (2) information and resources on successful aging and staying healthy.

Successful Aging topics include:

- *How to manage stress*
- *How to improve your communication*
- *How to cope with depression and fatigue*
- *How to increase your energy levels*
- *The Five Wishes*
- *Resources in Monmouth County*

Technology topics include:

- *Email using Gmail*
- *Taking and sharing photos*
- *Listening to music and watching videos*
- *Researching on the internet*
- *Facebook/Social Media*
- *Understanding & preventing online scams*



For those with limited income (\$15,175 annual or less), you may be eligible to receive a FREE tablet.

We also invite people aged 60+ who already have an Android tablet, but need help using it, to join the class as space permits. SCAN provides technology coaches and training for everyone in attendance.

Successful Aging & Technology
is presented by



SCAN / Monmouth Mall
Eatontown, NJ

732.542.1326 ~ www.scannj.com

SCAN's SAT program is made possible by
funding from the Affordable Housing Alliance.

***** New SAT Class! *****

The Salvation Army

605 Asbury Ave, Asbury Park, NJ

Class Begins: Weds July 10 (10 sessions)

Time: 10:00am-1:00pm

*All candidates must complete an application and be interviewed
before they are accepted into the SAT program.*

Class size is limited so call now for your application.

Call 732.542.1326