

# TECHNOLOGY & WELLNESS FOR SENIORS

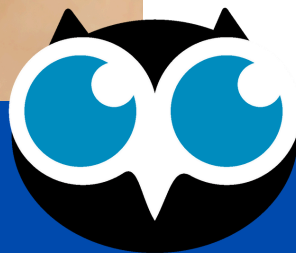
## Empower Yourself & Your Health with Technology!

With technology playing a HUGE role in healthcare and daily life, it's more important than ever for older adults to feel confident navigating these tools.

Whether it's learning how to track meals with apps, connecting with wellness communities online, or using AI tools to plan heart-healthy meals, this series equips seniors with the skills they need to take control of their health.



SeniorU.com



Limited spots available

