

Successful Aging & Technology

**Get a FREE* Android Tablet
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*



***with limited income (\$15,613 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.org

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

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

St. Peter's Church*

33 Throckmorton St. Freehold, NJ

**Ample free parking in municipal lot behind church.*

**The classroom is accessed by a few steps.*

Class Runs: Wed Mar 25 - May 27

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