

LAPTOPS
PREFERRED, IPADS
WELCOME!



Click & Zen



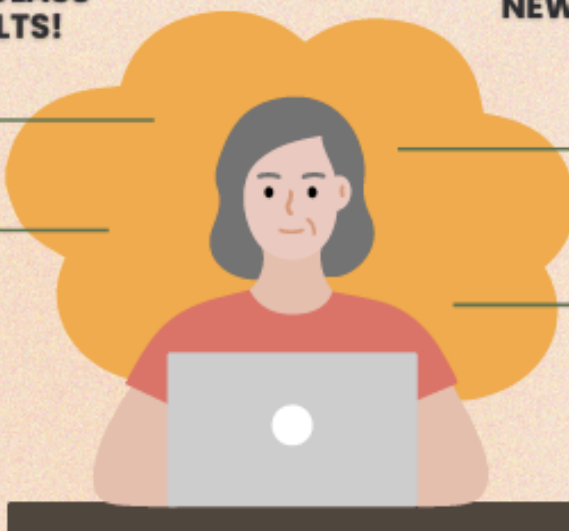
Master Tech, Find Your Calm

**FREE COMPUTER CLASS
FOR OLDER ADULTS!**

**NEW TO TECHNOLOGY?
NO PROBLEM!**

**UNDERSTAND HOW
THE 8 DIMENSIONS
OF WELLNESS
IMPACT YOUR
OVERALL HEALTH**

**LEARN HOW TO USE
GOOGLE APPS!
(DOCS, SHEETS, SLIDES)**



3/5: INTELLECTUAL WELLNESS

3/26: OCCUPATIONAL WELLNESS

3/12: EMOTIONAL WELLNESS

4/2: SOCIAL WELLNESS

3/19: FINANCIAL WELLNESS

4/9: PHYSICAL/ENVIRONMENTAL WELLNESS

ATTEND ANY SESSION THAT INTERESTS YOU!

**TO REGISTER: CALL 201-530-6756 OR
EMAIL [INFO@AGEFRIENDLYTEANECK.ORG](mailto:info@agefriendlyteaneck.org) WITH THE SUBJECT: "CLICK & ZEN"**

**WEDNESDAYS, 1:30 PM - 3:00 PM
AGE-FRIENDLY TEANECK COMMUNITY CENTER
1425 TEANECK RD, TEANECK, NJ 07666
PARKING AVAILABLE AT 1391 TEANECK RD**

**QUESTIONS?
CONTACT ERICK
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