



Age-
friendly
Belfast

Be prepared!

Come along to the 'Be prepared' information event for the official launch of our Positive Ageing Month and free advice on how to help improve your daily living.

Our Autumn event will be held at:

Belfast City Hall

Tuesday 4 October 2016

10.30am - 12.30pm

Highlights include:

- advice on being safe
- services that are available to older people in Belfast,
- advice from experts Ignite IT along with any minor repairs made to hardware and software that will get your device up and running again (So bring along your tablet, Ipad and/or desktop computer).
- practical guidance on how to keep your device up to date with internet security
- free taster activities,
- home and personal safety, and so much more

For more information please call Age-friendly Belfast 028 9050 2073 or email anne.ross@bhdu.org

This event is being delivered in partnership with Volunteer Now, Good Morning Schemes, National Energy Action and Engage With Age.



Belfast
City Council

www.belfastcity.gov.uk/seniors

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