



Age-  
friendly  
Belfast

# Be prepared!

Come along to the our '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 you 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](mailto:anne.ross@bhdu.org)

The events are being delivered in partnership with Volunteer Now, Good Morning Schemes, National Energy Action and Engage With Age.



**Belfast**  
**City Council**