

**Free online presentation**



**Be Connected**

Every Australian online.

# Technology & your health

Want to learn how technology can help with your health and fitness? Join a free live streamed presentation for older Australians, hosted by the eSafety Commissioner.



Technology can help you keep on top of your health, set health goals, and improve your general wellbeing. Discover how you can monitor your health and get tips and advice from a range of apps, websites, podcasts, and more.

## Join our presentation to explore:

- what you need to start monitoring your health
- health apps for your smartphone
- wearable technology
- fitness and wellbeing apps and other resources.

**When:**

**Time:**

**Where:**



This program has been developed by eSafety as part of the Be Connected initiative.

[beconnected.esafety.gov.au/bookings](https://beconnected.esafety.gov.au/bookings)