



The Mayor's Initiative on Aging Technology & Scam Protection Series

Learn computer basics, how to surf the internet and how smartphones and tablets work.

OCTOBER 2

Tech 101

OCTOBER 9

Protect Yourself Against Scams

OCTOBER 16

Using Technology to Stay Connected

Presented by

Humana

**Wednesdays,
11 a.m. - Noon**

**South Dade
Regional Library**

**10750 SW 211 St.
305-233-8140**

Miami-Dade County Mayor Carlos A. Gimenez's Initiative on Aging provides resources and information on programs and activities for older adults throughout the County.



The Mayor's Initiative on Aging Health & Wellness Series

Learn how to live a longer, healthier life.

OCTOBER 23

Habits of Happy People

OCTOBER 30

Healthy Brain

NOVEMBER 6

Positive Thinking When Life Gives Us Lemons

NOVEMBER 13

Healthy Sleep

NOVEMBER 20

Eat This, Not That

Presented by

Humana

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