



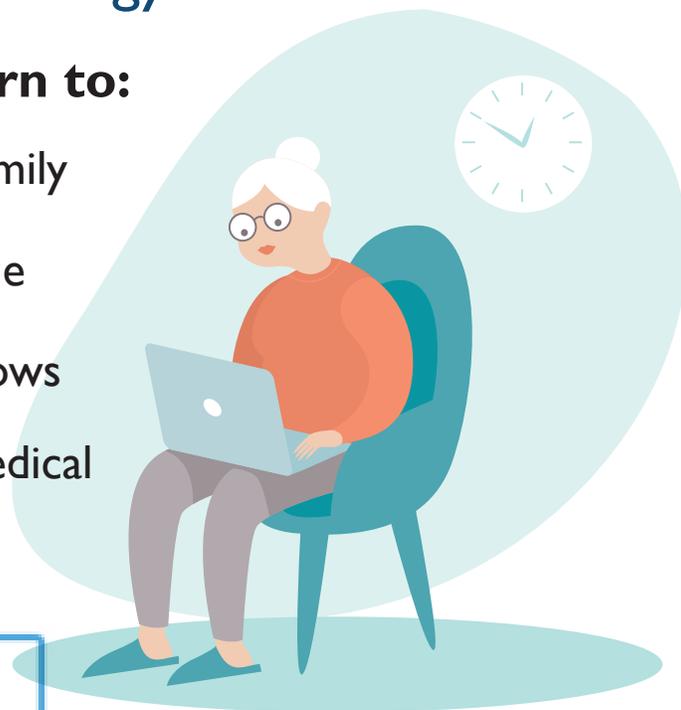
**Do you need help using your
smartphone, tablet, or computer?**

WE CAN HELP!

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults.

With a Mentor's help you can learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Stream movies, musicals and news shows
- Schedule video appointments with medical professionals



To register for FREE online instruction or to schedule FREE one-on-one help over the phone or via video calls contact:

Lorna Desmarais

Call **705-647-4305, Ext. 2239**

1-866-747-4305, Ext. 2239

Email desmaraisl@timiskaminghu.com

OR Contact:

Cyber Seniors

Call **1-844-217-3057**

Email info@cyberseniors.org

or go to our website at

www.cyberseniors.org



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