



UNIVERSITY
OF WYOMING

Wyoming Center
on Aging

Healthy Aging and Technology Education for Older Adults

Using Technology to Supports What Matters Free, Online, and Built for You



FREE

ON-DEMAND

The Wyoming Center on Aging has partnered with GetSetUp to provide older adults with access to more than 100 FREE online classes. Learn how to stay connected, manage your health, keep your mind active, improve balance and safety, and explore many other topics that support healthy aging. Family caregivers and healthcare professionals can also access valuable resources to help support older adults in their care.



**These classes aren't just about using technology;
they're about what technology makes possible!
All you need is a computer or smart device.**



**Visit the Healthy Aging and Technology Education
for Older Adults website to learn more!**

Scan the QR code, [click this link](#) or email wycoca@uwyo.edu for access.



HealthyAgingTech