

goulburn mulwaree library

# FREE TECHNOLOGY TRAINING

For enquiries, please call us on 48234435



SEEKING NEW PARTICIPANTS!

# TECH AND TEA

Do you need help  
navigating your  
smartphone,  
tablet, or laptop?



Do you find apps,  
websites, email,  
or social media  
confusing?

**Drop in for a friendly  
tech support chat and  
a cuppa with our  
experienced mentors  
from Living Connected!**

(please bring your own device)



**TUESDAYS  
11AM - 1PM**

Drop in  
Library Meeting Room



## TECHNOLOGY & YOUR HEALTH

- Functional technology to start monitoring your health
- Health and wellness tips from apps, websites, podcasts and more
- Health apps for your smartphone and wearable fitness devices
- Fitness, wellbeing, and healthy eating apps and resources

All skill levels

Drop in

**THURSDAY 21 AUGUST**  
**3PM - 4PM**

## PROTECT YOURSELF AGAINST SCAMS

All skill levels

Drop in

**WEDNESDAY 27 AUGUST**  
**10AM - 11AM**

- Protecting your financial and personal information online
- How to spot investment and superannuation scams
- Making friends online safely
- Common signs of suspicious behaviour and requests
- Where to seek further help

## USING GOVERNMENT WEBSITES

- Step-by-step guide to setting up a MyGov account
- Linking other government services to your MyGov account
- Beneficial and useful information on government websites e.g. BOM
- How to keep your personal details safe and secure

All skill levels

Drop in

**THURSDAY 25 SEPTEMBER**  
**3PM - 4PM**





# Emergency Preparedness

# ARE YOU PREPARED?

**WEDNESDAY 3 SEPTEMBER  
11.30AM TO 1.30PM  
BOOKINGS ESSENTIAL**



Our nbn® ambassador will walk you through simple ways to get your tech emergency-ready. This free session covers how to keep devices powered, set up alerts, and access critical info during power outages and extreme weather events. Learn what to do before a disaster to ensure you and your household stay connected and informed.