

AM I FIT ENOUGH? ... BEING ACTIVE ENOUGH?

WHAT IS FITBIT—CAN IT HELP?

HEALTH APPS??

HOW DO I IDENTIFY SCAMS?

WHAT IS PHISHING?

AARRGGHH—HELP!!!!

COME ALONG TO GABRIELLA TANGE'S TALK ON

“Using Your Devices for Health & Fitness”



When: Monday 25th March—from 1pm-3pm
Cost: Free, guests welcome
Location: Old Beechworth Railway Station, Harper Avenue
Presenter: Gabriella Tange—Beechworth Health Services
Remember: **PLEASE BRING** Your mobile phones and tablets
N.B: **Bookings essential**

There is so much information available online now and “asking Google” can be very helpful.

However ... what information is reliable? What can be trusted? Are all Apps safe? Is there an app that will motivate me to get fitter? To become more active? Will a Fitbit transform my habits? Where can I find the best information? What is phishing? How do I identify a scam? Am I being active enough? Could I be eating better?



Fitbit

Generally speaking...

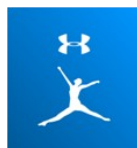
Being safe online is something we all want. It is especially important when it comes to our health and well-being. There is so much information available now that it is easy to get confused and give up.

Gabriella Tange, Health Promotion Officer at Beechworth Health Service will provide us with the kind of help we need, in an interactive presentation on online safety and on-line resources with specific reference to health.

Bring your questions on getting fitter and improving your general health and wellbeing through on-line media.

Share sites where you have gained something of value or have a question about.

Discover sites and information that will build your health knowledge and enable you to put what you learn into practice.



My Fitness Pal

An essential outcome for Indigo U3A is to build skills and knowledge in accessing the internet safely with our phones, tablets and computers; and to build and maintain the health of our members and the community through specific social and learning activities.



Unwinding anxiety

This session will cover:

- An introduction to navigating websites and online information specifically in respect of health.
- Tips for identifying scams, phishing and staying safe online.
- Learning how to explore useful health websites.
- Understanding Apps about Nutrition, Physical activity, Mental Health, General health and Wellbeing.
- Learning in a fun space.



Headspace—meditation

YOU BENEFIT...as you

- **GAIN TIPS ON ONLINE SAFETY.**
- **SEE THOSE APPS WHICH HAVE BEEN VETTED BY VICHEALTH AND WHICH CAN BENEFIT YOUR ONGOING HEALTH AND FITNESS.**
- **PRACTICE ACCESSING & USING THOSE SITES.**
- **ASK QUESTIONS ABOUT HEALTH, FITNESS & THE WEB.**
- **LEARN IN A FUN ENVIRONMENT.**