



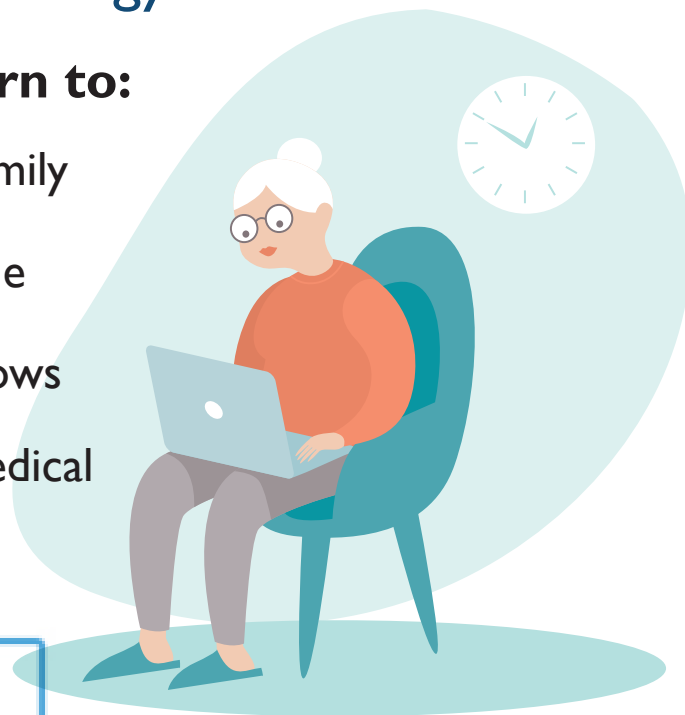
# Do you need help using your smartphone, tablet, or computer?

## 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:

**Cyber Seniors**  
Call **1-844-217-3057**  
Email [info@cyberseniors.org](mailto:info@cyberseniors.org)  
or go to our website at  
[www.cyberseniors.org](http://www.cyberseniors.org)

OR Contact:

**Lorna Desmarais**  
Call **705-647-4305, Ext. 2239**  
**1-866-747-4305, Ext. 2239**  
Email [desmaraisl@timiskaminghu.com](mailto:desmaraisl@timiskaminghu.com)



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