



## Do you use digital technology in your daily life? eg. Smartphones and/ or Computers with Internet access

### Are you aged 65 years old or more?

If **YES**, then **YOU** are invited to take part in one of our workshops to explore your views in relation to technologies that collect fitness data and the use of smart devices (e.g. smartphones, fitness Trackers, Fitbits, Apple Watches)

Workshops will last around 2 hours 30 minutes, will be interactive and encourage friendly discussion.



**Friday 26<sup>th</sup> July** at **10am**

or

**Tuesday 30<sup>th</sup> July** at **2pm**

or

**Thursday 8<sup>th</sup> August** at **10.30am**

Cecil Roberts Room  
at **Nottingham Central Library**,  
Angel Row, NG1 6HP.

**No prior knowledge is required.**

You will be thanked for your time with £15 Amazon voucher and refreshments will be provided

**For more information, and to sign up for one of the workshops**, please email Elaine Venancio ([Elaine.Venancio@nottingham.ac.uk](mailto:Elaine.Venancio@nottingham.ac.uk)).

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