



# Digital Awareness Day with Age UK York

**Tuesday 21st October**  
at 10.00am - 12.00pm

Come along to our free informal session on Digital awareness presented by our guest speaker Rebecca Crompton from Age UK York. Digital awareness refers to the ability to understand, engage and navigate digital environments effectively and safely, encompassing skills to use digital tools and recognise online risks and more.

Everyone is welcome. Refreshments available.

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## **Meadowbeck Care Home**

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