



Many of us live on our phones and on various social media platforms. But social media and technology can have negative effects on mental and physical health. Join our Using Technology Mindfully Series to explore ways to benefit and avoid unhealthy behavior. Also with all the advancements in today's technology it is very easy to fall victim of a scam. At our Lifespan's Fraud/Scam Prevention Workshop we will go

In-Person Gathering: Bingo & UNO

