




# Digital

# Skills

**FREE SUPPORT**

**For all  
aged  
60+**



FIRST SESSION: 2ND October 2023-  
11:45am-12:45pm  
at WeCan wellbeing centre, CA2 5SR

**Build your confidence using  
computer technology,  
learn new skills,  
stay connected and safe online.**



For more info or to book a place  
please call 01228 819101 or  
email [lisa@icanfitnesscumbria.co.uk](mailto:lisa@icanfitnesscumbria.co.uk)

**Working in partnership**



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