

# *"Now's the time to get online & have fun for Free"*

This event will empower you to become active and confident online through developing digital skills – now more than ever digital platforms have become essential for connection. Develop your online confidence and community through our 3 FREE back to back Get Online Week activities.

**Session 1. online exercise class, Session 2. Plant Potting, Session 3. Digital Skills Lesson**

## 1. Increasing physical wellbeing



## 2. Potting Plants – free gift!



*A Pot Plant Sample is provided*

## 3. Learning Digital Skills



**Date: 22<sup>nd</sup> October Thursday**

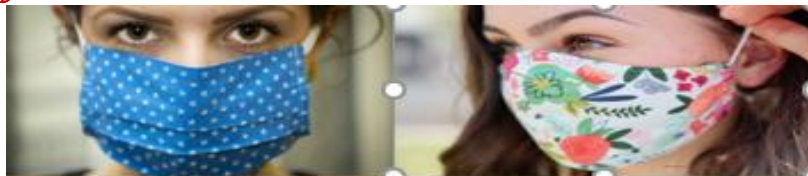
**Time: exercise class 10:30am, Plant Potting 11:30am, Digital Skills 11:30am (you can join any or all of the separate events at any point)**

**Location: Your OWN home**

**What registering for this event will provide you:**

- ✚ An "Event Pack" which includes an explanation of how to access event, what is needed to attend, online resources and a FREE gift (or two)
- ✚ Prior IT assistance to access to the event
- ✚ Bilingual facilitators
- ✚ Exercise Class
- ✚ Plant Potting Session (FREE Plant Provided in Event Pack!)
- ✚ Digital Skills Learning Session

*For those participants who attend the Digital Skills Session and finish, we will give a "how to make your own masks" kit as a gift, and invite you to join our next event to make masks!*



**Support Asian Women's Friendship Ass. Inc**  
*Empowering Women from Culturally and Linguistically Diverse (CALD) Backgrounds*

**For register to the Event and more information, please send email to [info@sawsfriendship.org.au](mailto:info@sawsfriendship.org.au)**

**Talk to our staff, please phone: 0422737751**

**Website: <https://www.sawsfriendship.org.au>**