



# E學智健康 - (廣東話或國語) SMART HEALTH E-LEARNING (Cantonese or Mandarin)

Free  
Online  
Classes

## Are you interested in learning how to:

- Use online technology to stay connected socially?
- Enhance health knowledge?
- Make good use of online Library resources?



**Date:** Thursdays, from Aug. 18 - Oct. 13, 2022, from 4:00 pm - 5:00 pm  
(Note: there will be no class on Sept. 8 -- Labour Day)

**Language:** Cantonese or Mandarin

**You need:** Cell phone and access to the Internet

**Register:** [416-603-6277](tel:416-603-6277) Email: [twpfl@uhn.ca](mailto:twpfl@uhn.ca)

## You will learn how to:

- Attend online meetings
- Use Health & Wellness apps
- Scan QR codes

- Use Internet
- Learn online privacy & security
- Find reliable health information

- Download/share documents/photos
- Use communication apps (WeChat/WhatsApp)
- Network with social media

- Listen to podcasts
- Read e-books
- Use e-resources



UHN Patient & Family Learning Centres