Let's Get Digital

The internet can be great for your health and wellbeing!

Our three 2-hour sessions will teach you the skills to get online and help you to feel safe at the same time:

- **Create safe logins for useful online accounts**
- **Access health services securely**
- **Use the internet to improve your wellbeing**
- **Reduce isolation by being more connected.**

FREE COURSES

Code	Day	Times	Start Date	Mtgs	Venue
COMIN181	Thursday	09:30 - 11:30	12-Sep-24	3	Leicester Adult Education College
COMIN190	Tuesday	13:00 - 15:00	17-Sep-24	3	Highfields Library
COMIN191	Wednesday	12:30 - 14:30	18-Sep-24	3	Bishopdale Adult Learning Hub
COMIN182	Thursday	18:00 - 20:00	02-Oct-24	3	Leicester Adult Education College
COMIN192	Tuesday	09:30 - 11:30	29-Oct-24	3	St Matthews Centre
COMIN194	Friday	10:00 - 12:00	01-Nov-24	3	New Parks Library
COMIN183	Thursday	09:30 - 11:30	07-Nov-24	3	Leicester Adult Education College
COMIN195	Tuesday	09:30 - 11:30	26-Nov-24	3	Pork Pie Library and Community Centre
COMIN196	Tuesday	13:00 - 15:00	26-Nov-24	3	Leicester Adult Education College

Please bring you own smart devices; smartphone, tablet, laptop to the session.

For more information and to book onto a course

Call 0116 454 1900

or visit Leicester Adult Education College, LE1 6QL
leicesteradulted.ac.uk

Let's Get Together

Leicester City Council