

# White Pine Library Cooperative Presents



## HOW TO TAKE CARE OF YOURSELF (AND OTHERS) WITH TECHNOLOGY

DATE: JUNE 24TH, 2:00 PM EDT

With our busy lives in 2022, we don't have time for self care or taking care of others. We all know that technology can help, but it's overwhelming to sort through the zillions of apps, websites and wearables. Your Nerdy BFF, Beth Z, will share the latest tech tools to take care of yourself, your library staff, and your family as well as great tech solutions for caregivers.

**Sign up today!**  
**[bit.ly/bz052722](https://bit.ly/bz052722)**