

Enjoy Lifelong Learning from Home

Join **Selfhelp's Virtual Senior Center (VSC)** where each day is different, interesting, and stimulating while never leaving your home. Get an **easy-to-use computer and Internet service** to ...

CONNECT

with new friends online; email and Skype with friends and family.

PARTICIPATE

in live, interactive, discussions on art, history, current events, exercise, music, museum tours, and well-being.

PLAY

games and explore what the Internet has to offer.



- **Easy-to-use**
- **All from your home**
- **Diverse programs weekly**
- **Relieves boredom & isolation**
- **Training & technical support available**

Contact us to learn more:

Hang Liu at 718.559.4460

hliu@selfhelp.net

<http://vscom.selfhelp.net>

