

# Let's Zoom!

## Are you worried about winter and feeling isolated from friends and family?

Have you seen fun and informative classes offered on Zoom, but you don't know how to set it up or use it? If you have a computer and an email address you are in luck! The Aging in Balance program can help you setup your Zoom account and show you how to use it.

Stephanie Chissler is now scheduling remote appointments every Tuesday afternoon in March to help you get set up.



### Schedule your 1-hour appointment

Tuesdays in March between 1-3 p.m.

Contact Stephanie Chissler at 781-338-7559 or email [schissler@melrosewakefield.org](mailto:schissler@melrosewakefield.org) to set up your appointment.