

Join Over 4 Million Older Adults Who Love GetSetUp



The Nebraska State Unit on Aging has partnered with GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make new friends, learn new things and have fun.

Try a **FREE Online Class Today!**
www.getsetup.io/partner/nebraska

**4,000+ Online
Classes Across
Multiple Categories.**

Mental Enrichment

- Creative Writing
- Heart Healthy Cooking

Social Connection

- Music Fun Hour
- Game Time

Technology

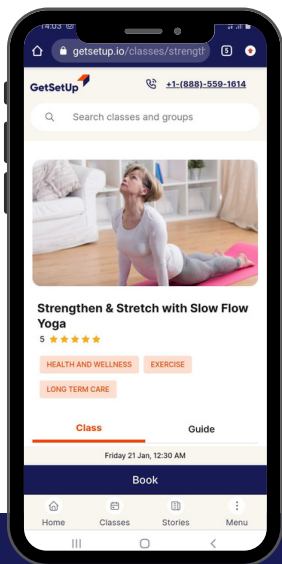
- iPhone Basics
- Google Search-Tips & Tricks

Physical Fitness

- Morning Fitness
- Core & Stretch Movement

Health and Wellness

- Face Yoga
- Energy & Purpose



Terri T.
GetSetUp Ambassador

"I'm leading groups, taking nursing and social work classes to build my curriculum, and using my new Google Slide skills to present. Thank you, GetSetUp, for helping me to get my life back."

