Tech for Our Lives

Technology may not be good for us if we let it rule our lives. But look at all the benefits technology can offer:

- **How we communicate**. We text, video chat and email while on the move.

- **Smart watches** receive notifications without having to look at your phone. Some have **Fall detection** to communicate with emergency responders.

- **Your phone** tracks steps, encouraging you to move.
  Apps: Strava will track your runs and walks and share them with Groups.
  Calm or **Headspace** can give you a 10 min meditation during the day to relieve stress and sleep stories at night that help you relax.

- You can save time by paying bills and transferring money using your phone or computer instead of going to the bank.

- You can even use your phone to pay for purchases in some stores with an APP like **Starbucks** or **Apple Pay.**

- **Spotify**, **SoundCloud** and **Apple Music** can be streamed to laptops and phones with a huge library of different genres to choose from. Streaming music saves storage space too!

- **E-reader**s and **audio books** provide books to read and listento when out walking.

- For **Mobility restriction**, there is grocery delivery from the major stores. For meals, call **Skip the Dishes**, **Uber Eats** and **Door Dash**.

- Voice assistants from **Google**, **Apple** and **Alexa** give you information, set appointments, and control **smart devices** in your home.

These are some of the innovations to help us live safer and healthier lives

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