



## PRESS RELEASE

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### **Empowering Older Adults Through Technology: Senior Planet's Multifaceted Approach to Positive Change**

Santa Fe, NM - Senior Planet is a leading organization dedicated to enhancing the lives of older adults through technology-driven initiatives. They offer a dynamic mix of classes and programs that empower older adults to thrive in the digital age.

The heart of Senior Planet's mission lies in providing older adults with opportunities to create improvements in their lives. Through structured, multi-week courses and a rich array of activities, participants are equipped with the tools they need to harness technology for meaningful change. This comprehensive approach ensures that each individual can achieve progress in one or more areas that matter most to them.

The Senior Planet programming lineup includes:

**1. Financial Security:** Older adults of all income levels can gain financial independence by learning how to use digital tools for shopping, banking, saving, and managing their finances effectively.

**2. Social Engagement:** To combat feelings of isolation, Senior Planet offers programs that enable older adults to connect with friends and family, stay active in their communities, and maintain a vibrant social life through digital platforms.

**3. Creative Expression:** The creative process is given a digital boost, from ideation to sharing the final product. Creative expression programs introduce novel ways to convey creativity using digital platforms, fostering exploration and sharing.

**4. Health and Wellness:** Older adults are introduced to digital tools that empower them to take control of their health. The programs also include physical activities like stretching, cardio, and resistance exercises.

**5. Civic Participation:** By bridging the gap between older adult activism and modern advocacy tools, Senior Planet's civic participation programs help older adults engage in civic life, counter ageism, and amplify their voices through digital advocacy efforts.

While there are no centers in New Mexico yet, anyone can participate in their [free online programs](#) including how to use payment apps like Paypal and Venmo, how to utilize telemedicine, and a tech discussion group lunch and learn.

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