



GetSetUp

GetSetUp offers more than 40 live classes every day as well as 25 on weekends.

Classes are in the areas of:

- ✓ **Physical Health (exercise, cooking)**
- ✓ **Mental Health (stress, meditation, dementia)**
- ✓ **Social Health (book club, gardening, pets)**
- ✓ **Vocational Health (resume writing, interviewing)**
- ✓ **Learning Technology**

GetSetUp has a catalog of over 500 classes exclusively for older adults!

Visit our website to get started!
<https://calexicolibrary.org/resources>



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