

# EMPOWER AGING ADULTS TO LEARN, CONNECT, AND THRIVE

Opportunities for lifelong learning and meaningful connections should be available at every age. With *Gale Presents: GetSetUp*, your library can empower adults 55+ to stay engaged and active through an easy-to-use online platform offering a catalog of 5,000+ live and on-demand classes, short videos, and articles on topics like technology, health, fitness, money, cooking, and more. *GetSetUp* fosters a vibrant community where older adults connect, share, and learn new skills together—helping them lead happier, healthier, and more fulfilling lives.



## OPEN DOORS TO NEW EXPERIENCES

### ENABLE LIFELONG LEARNING

Encourage continuous growth, helping older adults discover new interests or deepen existing ones with a diverse range of classes.

### CONNECT AGING ADULTS TO A COMMUNITY

Learners can build relationships with like-minded individuals, fostering friendships and reducing isolation through shared interests.

### DEVELOP PERSONAL AND PROFESSIONAL SKILLS

Participants can enhance their technology skills, pursue personal projects, or even start a business—regardless of background, experience, or education level. Program topics include fitness and wellness, technology, travel, lifestyle, history and culture, Medicare, food, and more.

### INSPIRE RENEWED CONFIDENCE

From mastering technology to improving their well-being, help aging adults acquire new skills to navigate the evolving world.

### PROVIDE SUPPORT AND FLEXIBILITY

*GetSetUp* offers a welcoming space where everyone can ask questions, engage comfortably, and learn at their own speed. Users can access classes at their own pace and convenience.

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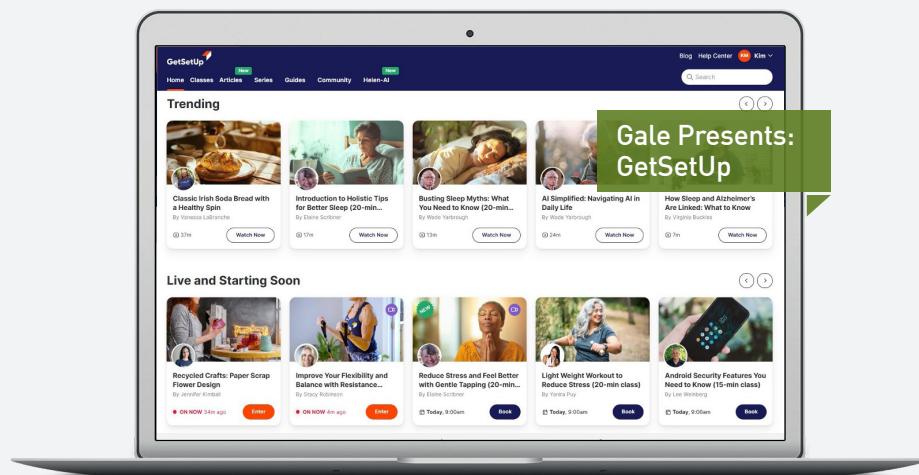
## TOPICS OF INTEREST

- Technology
- Health and Wellness
- Arts and Creatives
- Money and Financial Health
- Community Engagement
- Travel and Leisure
- Jobs and Career Development
- Senior Living and Benefits

### Feedback from a GetSetUp User

“I’ve learned quite a bit—how to operate my iPhone, about scams and traveling, Facebook Marketplace, how to restrict people who see your Facebook post, cooking in the Instant Pot, exercises for people with arthritis, starting a business, even budgeting and meditation. *GetSetUp* has really helped me stay active, learn new things, and connect with others.”

— Frederica, from California



Product screen capture as of April 2025. Actual interface may vary.

### FRICTIONLESS USER PLATFORM

Users can explore classes, access their class schedule, find articles, and engage with other learners, all from the accessible home page.

### TRACK CLASSES

The “My Schedule” feature provides a personalized view of upcoming classes and events, helping users track sign-ups, adjust their schedule, and access recordings of past sessions.

### COMMUNITY CONNECTIONS

In-person video sessions create an environment for participants to share experiences, learn from one another, and connect over common interests.

### GUIDED LEARNING

*GetSetUp* instructors, called Guides, are 55+ themselves and subject experts, offering valuable knowledge, personal experiences, and insights. Their role is to facilitate learning, answer questions, and create an engaging environment.

### ARTICLE LIBRARY

The article library allows users to explore content at their own pace, stay informed on current trends, and deepen their knowledge in areas of interest.

**Meet Helen, a built-in AI assistant.** Helen provides support, shares knowledge, and guides *GetSetUp* users to new opportunities for learning and growth. Here’s how she can assist:

- **Answer Questions:** Users can get quick, accurate answers to inquiries.
- **Connect to Resources:** Participants can easily discover relevant classes and resources that align with their interests and needs.
- **Encourage Participation:** Helen promotes engagement in classes and community activities to enhance well-being and personal growth.
- **Provide Support:** Helen helps members navigate challenges they might face in learning or adapting to new circumstances.

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gale.com/getsetup

