

VAN FORUM

Getting a Handle on Social Networking

Online sites offer new opportunities and new challenges

Tuesday - July 14, 2009

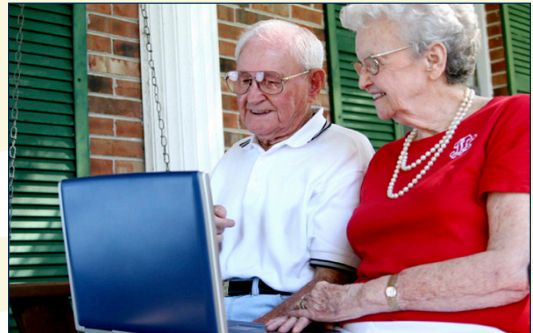
10:30 AM to 12:30 PM

Southdale Library
Ethel Berry Room
7001 York Avenue South
Edina, MN 55435 ([map](#))

Presenter:

Elizabeth (Liz) Lightfoot, Ph.D.

Associate Professor and Director of the
Ph.D. Program at the University Minnesota
School of Social Work



Social Networking, Twitter, Facebook, LinkedIn, and blogs are common buzz words in today's society. If you are left wondering what all the hype is about, come to this forum. Lightfoot will explain the benefits of social networking and will take you into the world of Facebook, LinkedIn, blogs, and YouTube.

You will learn:

- How to create personal accounts on social networking sites
- How to design your own blog (Lightfoot will create one with you during the Forum)
- How to reap the benefits of social networking for you personally and for society as a whole
- How to activate and control privacy settings

Lightfoot holds a M.S.W. from the University of Minnesota School of Social Work, and a Ph.D. in Public Policy from Indiana University. She teaches about web technologies in her community organizing class and lectures about it at national conferences.

Online communities offer new ways for maintaining social connections. In some cases these relationships are more accessible to older adults than real-life alternatives and can help alleviate isolation.

Free and open to the public. Please join us!



Vital Aging Network

Questions? Need a ride? Call VAN at 651-917-4652.

www.vital-aging-network.org

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