

Our next meeting is:

February 6th, 2018 — Tuesday
at Creative Source (location details below)

6:30 PM — Socializing, news and announcements
7:00 PM — Presentations begin

This month's topic:

WEARABLE HEALTH TECH

**Portable fitness technology for tracking and improving your health
to be presented by Tom Davis, Roger Owens, and Al Risaliti**

*Wearable Tech
for your heart and health*



Tuesday
February 6th
MAC²

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With the exception of checking your pulse or taking your temperature, for most of recorded time, monitoring your own health via technology has been neither simple nor mobile. Today, however, there are numerous gadgets designed to make health-monitoring easy, and most are designed not for a table, but for your wrist. On Tuesday, we will demo some modern devices that are a pleasure to use, and can enhance your health no matter where you are, e.g., in Canton, Ohio or Canton, China. Roger will show the remarkable health-related functions of the Apple Watch, including workout goals and smart coaching, the calming Breathe app, activity sharing, third-party health apps, the Apple Heart Study which can identify irregular heart rhythms, and the dedicated Heart Rate app. Tom will show the many abilities of the Fitbit, including monitoring heart rate, tracking blood pressure, measuring walking or running distance, and periodically issuing friendly reminders to get going, which, when they begin to annoy you, can thankfully be turned off. Al will demonstrate how you can use your iPhone to input workout data from indoor and outdoor bicycle workouts, and turn that data into impressively complete workout charts. Whether you choose to walk, run, bicycle, or (preferably) drive, please join us, as we can honestly say that attending Tuesday's meeting will be good for your health.

Also,

BACK TO MAC BASICS

In this segment, we focus on more fundamental skills, to make life a little easier for those who are trying to learn how to use their Macs. This month:

ALL ABOUT FINDER PREFERENCES
to be presented by Rob Ellis

Finder Preferences are simple settings that can ease your use of your Mac, eliminate some annoyances, and instruct your Mac to behave more the way you prefer. However, not all those preferences are intuitive. On Tuesday, Rob will give an explanatory tour of all of them.

About the weather:

In these winter months, if the weather is particularly bad or road conditions are unsafe on the day of one of our monthly meetings, please try to check your email before you leave for the meeting. If a meeting is ever cancelled or postponed due to weather, we will send an emergency email to let you know.

OUR MEETING LOCATION:

*Creative Source
4623 Everhard Rd NW
Canton, OH 44718
330-497-5556*

DIRECTIONS:

Creative Source is located in the Belden Village area, in the small plaza at the intersection of Belden Village Street and Everhard Road. Within the plaza, it is to the right of PetPeople.

For a map, along with options to get directions from anywhere, [please click here](#)

About Creative Source: Creative Source is a provider of high-quality design, print ads, posters, and impressive large-scale banners, signs, displays and floor decals. For more information, visit their website at <http://www.csforideas.com>

FOR MEETING HIGHLIGHTS, SCHEDULES AND OTHER INFO, PLEASE VISIT OUR WEBSITE:

<http://www.mac2mug.org>

Wearable technology can enhance and improve your health anywhere, no matter what you are doing, be it walking, running, watching a movie, or sleeping. And another surprise: wearable tech can actually look good. Please join us for a healthy dose of info, and please feel free to bring a friend. See you there!