



**Grand Traverse County Commission on Aging  
Senior Center Network**

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[www.gtcoa.org](http://www.gtcoa.org)*

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**\*FOR IMMEDIATE RELEASE\***

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**Subject: HealthCare Apps - the Good, the Bad and the Ugly!**

On Wednesday, May 13 at 3:00 pm at the Senior Center in Traverse City, Dr. Mary Beth Hardwicke will demonstrate how to use popular health apps on iPads and iPhones to monitor and improve our health.

There are over 43,000 health and medical apps available and 69% of them are targeted at consumers and patients. Many have been developed by people with no medical background. Dr. Hardwicke will talk about some of the more highly regarded apps and how consumers can be savvy in what to download.

“I will cover some of the apps that physicians like to use and then discuss the potential benefits of apps and the dangers that are found in some,” says Dr. Hardwicke. The presentation will also use a familiar app (such as WebMD) as a model for how to use an app wisely.

Advanced registration required for this free one hour presentation. Questions? Email [ehovie@grandtraverse.org](mailto:ehovie@grandtraverse.org) or call 231-922-4911.

The Senior Center Network is part of the Grand Traverse County Commission on Aging – “Caring for those who cared for you” for 40 years.