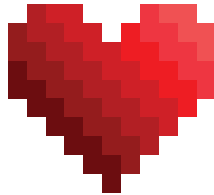


The App Health Workshop



**Overwhelmed by your apps?
Stressed about your iPhone clutter?
Terrorised by choice?**

Come to The App Health Workshop at the App Lounge and learn how to beat your app overload.

Our expert speaker is Gavin O'Carroll, founder of Digital Health Service, a business of coaches, designers and strategists helping make technology good for you.

Digital Health Service have advised clients like Channel 4, McCann Erickson, and The British Council.

Date: Tuesday 21st September
Time: 7pm. (Finishing at 9:30 latest)
Venue: Meza, 100 Wardour St, London W1F 0TN

At The App Health Workshop, Gavin will take you through:

- some simple, practical tips to start decluttering your apps straight away
- how to understand the real reasons for your overwhelm and how to solve them
- how to make friends with your apps so that they support your most important goals and values

Cost: £35 per person
To book visit:
digitalhealthservice.com/apphealth