



SENIOR PLANET

Aging with Attitude

Podcasts

What is a Podcast?

- Audio programs available on the internet
- Great variety of topics
- Very popular form of entertainment
- Most podcasts are free



Why Listen to Podcasts

- Great source of information & inspiration
- Learn new things & have fun
- Personal & professional growth



Where To Find Podcasts

- Available on specific sites: TV networks, magazines, & media companies
- Download apps (iOS &/or Android)
- Stream or download podcasts
- Access from any WiFi-enabled device

Most Popular Podcasts

- Stuff Your Should Know
- Making Sense
- Hidden Brain
- The Sporkful
- Note To Self



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