



A SCAN Community Service™

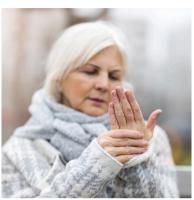
Facebook

AUGUST 2025 CLASS CALENDAR

If you would like to join by phone, please call:

1-888-788-0099 and enter the class meeting I.D.

Classes can also be accessed via the Calendar section of our website www.independenceathome.org
or by scanning the QR code from your smart device.



Living Better with Arthritis August 5 at 11:00 A.M. PST Zoom Registration Link: https://bit.ly/4k72Ejt Meeting ID: 986 3140 4025



Control your Cholesterol August 11 at 10:00 A.M. PST Zoom Registration Link: https://bit.ly/4kXApFt Meeting ID: 988 8356 0712



Aging and Vision Loss

August 18 at 12:00 P.M. PST

Zoom Registration Link:

http://bit.ly/4IGVZO8

Meeting ID: 943 1277 3543



Maintain Your Brain
August 19 at 11:00 A.M. PST
Zoom Registration Link:
https://bit.ly/4iL0LJ4
Meeting ID: 960 8941 4741



Eat Smart
August 25 at 2:00 P.M. PST
Zoom Registration Link:
http://bit.ly/4eySas7
Meeting ID: 935 1012 0869

If you have questions about our free classes, call our Resource Line at 1-866-421-1964

or send an email to communityoutreach@scanhealthplan.com