



Independence at Home

A SCAN Community Service™



Class Calendar



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

Independence at Home is a community service of SCAN Health Plan® providing no-cost services and supports to seniors and their caregivers to keep them healthy and independent.