

Community Education & Activities



- Bollywood Laughter Yoga
- Active Every Day
- Intro to Zoom
- Practice of Gratitude
- Depression & Selfcare
- Technology Classes
- Caregiver Support
- The Mediterranean Diet
- Guided Autobiography
- And More!

Classes available in-person*, via Zoom or telephone for older adults, family caregivers and organizations, all at no cost.

***In-person classes available in the following counties:**

- *Los Angeles County, CA*
- *Orange County, CA*
- *Riverside County, CA*
- *San Bernardino County, CA*
- *Harris County, TX*

If your county is not listed, please contact us for more information!



Zoom and telephone classes can be accessed in the "Calendar" section of our website www.independenceathome.org.



For more information, contact us via phone **1-866-421-1964** or email CHPCommunityEvents@scanhealthplan.com