

Community Education & Activities



- Bollywood Laughter Yoga
- Active Every Day
- Intro to Zoom
- Practice of Gratitude
- Nutrition Bingo

- Calming Your Worried Mind
- Caregiver Support
- Maintain Your Brain
- Bone Health Basics
- 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*
- *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