

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 <u>www.independenceathome.org</u>.



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

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