

Community Health Promotion



As part of our mission to help seniors remain in their homes, with dignity and independence, Independence at Home (IAH) offers an extensive variety of community education.

These educational programs are aimed at increasing awareness of health issues and health promotion resources available to older adults as well as their caregivers, who can use this information to keep their care recipients healthy and independent. Programs also include a wide range of lectures, workshops and activities designed to connect underserved people with the information and tools they need to improve their health and quality of life.

Our educational programs are offered at no cost to the community and can also be delivered in multiple languages. Lectures, workshops and activities are available through different platforms to improve the health and quality of life of seniors and caregivers. We invite you to explore the range of educational programs we bring to the community.

Health-Focused Lectures

Our 30- to 60-minute lectures, workshops and educational series cover an array of health-related topics that matter most to the seniors and caregivers we serve.

A sampling of topics include:

- Blood Pressure and Cholesterol Management
- Diabetes
- Living with Arthritis
- Heart Health
- Depression
- Healthy Dieting and Nutrition
- Breathing Better with Asthma and COPD
- Improving Sleep without Medication
- Stress Management
- Grieving After Loss
- Bone Health Basics
- Medication Management
- Fall Prevention
- Caregiving and Care Planning
- Nutrition Bingo
- Laughter Yoga

Learn more today.

To find out more about IAH's Health Promotion programs, call:

866-421-1964

email: communityoutreach@scanhealthplan.com

IndependenceAtHome.org



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A SCAN COMMUNITY SERVICE.