

Community Education & Activities



- Bollywood Laughter Yoga
- 10 Myths About Medication Use
- Nutrition Bingo
- Intro to Zoom
- Practice of Gratitude
- Depression & Selfcare
- Technology Classes
- Caregiver Support
- The Mediterranean Diet
- Beating The Holiday Blues
- Guided Autobiography
- And More!

Classes available via Zoom or Telephone for older adults, family caregivers and organizations, all at no cost. Available in the following counties:

California

- Los Angeles
- Orange
- Riverside
- San Diego
- Ventura
- Alameda
- San Bernardino
- Napa
- Sonoma
- San Francisco
- Santa Clara
- Stanislaus
- San Mateo

Arizona & Nevada

- Maricopa
- Pima
- Pinal
- Clark

If you are interested in our community education, and your county is not listed, please send us an email.



Classes can be accessed in the "Calendar" section of our website:
www.independenceathome.org



To receive our monthly newsletter, [sign-up here!](#)



For more information or to schedule a class for your organization at no cost, send us an email: communityoutreach@scanhealthplan.com