



Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

JULY 2025 CLASS CALENDAR

If you would like to join by phone, please call :
1-888-788-0099 and enter the class meeting I.D.
Classes can also be accessed via the Calendar section of
our website www.independenceathome.org
or by scanning the QR code from your smart device.



Aging and Vision Loss
July 3 at 10:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/3FHA2yX>
Meeting ID: 993 1079 8377



Diabetes
July 8 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/4kXApFt>
Meeting ID: 977 1082 2970



Let's De-stress
July 14 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/42hyt2j>
Meeting ID: 968 1588 4408



Trading Ages
July 15 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/4hvS6cC>
Meeting ID: 985 0161 2623



Active Every Day
July 22 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/41Rk6I5>
Meeting ID: 910 7934 3824

If you have questions about our free classes, call our Resource Line at
1-866-421-1964

or send an email to communityoutreach@scanhealthplan.com

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