Class Calendar

Facebook

MAY 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.

Bone Health Basics: Understanding Osteoporosis
May 1 at 2:00 P.M. PST
Zoom Registration Link:
https://bit.ly/4kRJDDw
Meeting ID: 976 4506 0002

Caregivers Are People Too!
May 6 at 1:30 P.M. PST
Zoom Registration Link:
https://bit.ly/4ghMVfO
Meeting ID: 915 2276 1560

Living Better With Arthritis
May 9 at 10:00 A.M. PST
Zoom Registration Link:
https://bit.ly/3RlHy4W
Meeting ID: 994 0297 7584

Diabetes
May 13 at 2:00 P.M. PST
Zoom Registration Link:
https://bit.ly/42bF8fq
Meeting ID: 990 8380 5618

Trading Ages
May 20 at 1:30 P.M. PST
Zoom Registration Link:
https://bit.ly/4aqj6bv
Meeting ID: 998 7549 4506

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.