



Facebook



Class Calendar

May 2024 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

May 1 at 2:00 P.M. PST

Zoom Registration Link:

<https://bit.ly/485GIZH>

Meeting ID: 936 8991 8142



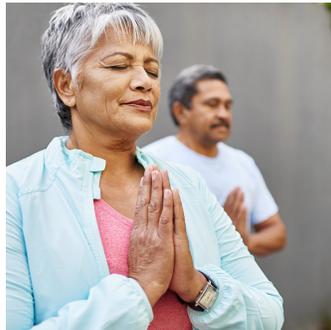
Heart Health

May 3 at 11:00 A.M. PST

Zoom Registration Link:

<https://bit.ly/3NCxx21>

Meeting ID: 943 6291 7691



Empowered Relief

May 6 at 2:00 P.M. PST

Zoom Registration Link:

<https://bit.ly/3Ry7z0v>

Meeting ID: 981 8993 8519



Trading Ages

May 7 at 9:30 A.M. PST

Zoom Registration Link:

<http://bit.ly/3RSupBm>

Meeting ID: 961 0933 1316



Goals to Reach for a Healthier You

May 10 at 3:00 P.M. PST

Zoom Registration Link:

<https://bit.ly/3Ttfz5K>

Meeting ID: 934 8917 3795



Memory Loss and Medication Safety

May 13 at 10:00 A.M. PST

Zoom Registration Link:

<https://bit.ly/3v5YvZo>

Meeting ID: 965 9330 9851



The Benefits of Drinking Water

May 14 at 10:00 A.M. PST

Zoom Registration Link:

<https://bit.ly/48M8tOt>

Meeting ID: 949 8026 3536



Food for Thought: Changing My Diet to Manage My Condition

May 30 at 2:30 P.M. PST

Zoom Registration Link:

<https://bit.ly/3tqt63g>

Meeting ID: 940 1065 1518

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