



Facebook



Class Calendar

# May 2024 Class Calendar

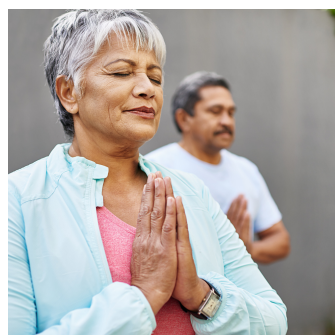
If you would like to join by phone, please call :  
**1-888-788-0099** and enter the class meeting I.D.  
Classes can also be accessed via the Calendar section of  
our website [www.independenceathome.org](http://www.independenceathome.org)  
or by scanning the QR code from your smart device.



**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](mailto:communityoutreach@scanhealthplan.com)