April 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.

Facebook   **Class Calendar**

**Stop Falling! Home Safety &
Preventing Falls and Injuries**
April 3 at 1:00 P.M. PST
Zoom Registration Link:
https://bit.ly/3QQjRkC
Meeting ID: 919 1766 7475

Eat Smart
April 4 at 10:00 A.M. PST
Zoom Registration Link:
https://bit.ly/3NXxaPw
Meeting ID: 914 4256 7040

**Red Flags That An Older Adult
Needs Help**
April 5 at 2:00 P.M. PST
Zoom Registration Link:
https://bit.ly/3veNYek
Meeting ID: 974 1206 6708

Trading Ages
April 8 at 2:30 P.M. PST
Zoom Registration Link:
http://bit.ly/48qptcB
Meeting ID: 917 6944 2176

Cancer 101
April 15 at 10:00 A.M. PST
Zoom Registration Link:
https://bit.ly/3GSj6TF
Meeting ID: 974 9352 9366

**Medications: What You Need
to Know to be Safe**
April 19 at 2:30 P.M. PST
Zoom Registration Link:
https://bit.ly/48aMqAL
Meeting ID: 921 8285 1944

Control Your Cholesterol
April 24 at 10:00 A.M. PST
Zoom Registration Link:
https://bit.ly/3v16qXO
Meeting ID: 964 0370 4536

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