



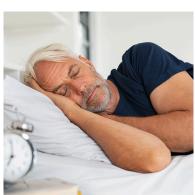
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NOVEMBER 2025 CLASS CALENDAR

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.



Getting a Good Night's Sleep Without Medications November 3 at 11:00 A.M. PST Zoom Registration Link: http://bit.ly/41IZ3HT Meeting ID: 965 1343 4949



Trading Ages
November 4 at 1:30 P.M.
PST
Zoom Registration Link:
https://bit.ly/4iQD3LF
Meeting ID: 929 6007 3835



How to Cope When You're at the End of Your Rope: Manage the Stress In Your Life
November 10 at 10:00 A.M. PST
Zoom Registration Link:
https://bit.ly/4mtjXNE
Meeting ID: 927 1933 0928



Caregivers Are People Too!
November 14 at 10:00 A.M.
PST
Zoom Registration Link:
http://bit.ly/474LCzJ
Meeting ID: 925 0239 2964



Goals to Reach for a Healthier You November 25 at 1:00 P.M. PST Zoom Registration Link: https://bit.ly/4hspJMp
Meeting ID: 914 4146 2184

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