



# Independence at Home

A SCAN Community Service™



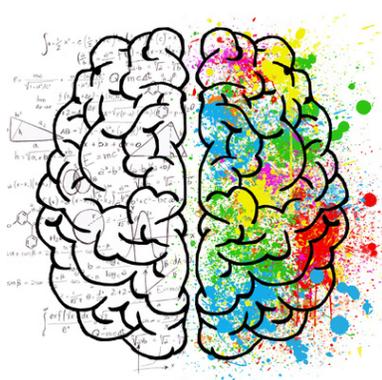
Class Calendar



Facebook

## FEBRUARY 2026 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.



**Maintain Your Brain**  
**February 2 at 2:00 P.M. PST**  
Zoom Registration Link:  
<https://bit.ly/490NA5j>  
Meeting ID: 975 9408 5908



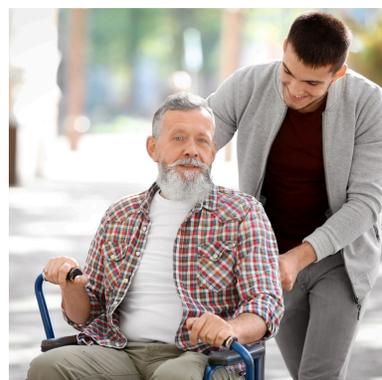
**Control Your Cholesterol**  
**February 6 at 11:30 A.M. PST**  
Zoom Registration Link:  
<https://bit.ly/49Ru8rP>  
Meeting ID: 915 0131 5295



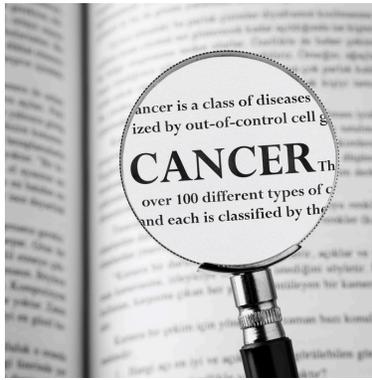
**Heart Health**  
**February 9 at 2:00 P.M. PST**  
Zoom Registration Link:  
<https://bit.ly/43ik0o2>  
Meeting ID: 964 8272 7212



**Trading Ages**  
**February 10 at 10:00 A.M. PST**  
Zoom Registration Link:  
<https://bit.ly/47hC97R>  
Meeting ID: 953 6646 8503



**Caregivers Are People Too**  
**February 19 at 2:00 P.M. PST**  
Zoom Registration Link:  
<https://bit.ly/4nY946D>  
Meeting ID: 966 1721 4198



**A Look at the Most Common Cancers**  
**February 23 at 10:00 A.M. PST**  
Zoom Registration Link:  
<https://bit.ly/4nVJLSE>  
Meeting ID: 910 0301 3764

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)

*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.*