



# Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

## JANUARY 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.



### A New Year, a Healthier You!

**January 8 at 2:00 P.M. PST**

**Zoom Registration Link:**

<https://bit.ly/4oFvvy4>

**Meeting ID: 952 2562 2264**



### Aging and Vision Loss

**January 12 at 11:00 A.M. PST**

**Zoom Registration Link:**

<https://bit.ly/47GB092>

**Meeting ID: 979 6926 6237**



### 10 Myths About Medication

**January 13 at 11:00 A.M. PST**

**Zoom Registration Link:**

<https://bit.ly/4oX5Y3B>

**Meeting ID: 919 4512 5513**



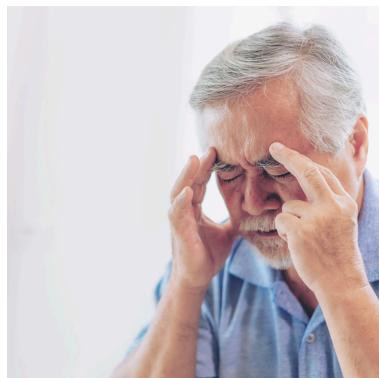
### Trading Ages

**January 13 at 1:30 P.M. PST**

**Zoom Registration Link:**

<https://bit.ly/4hwliQY>

**Meeting ID: 919 8074 2118**



### Let's De-stress

**January 14 at 10:30 A.M. PST**

**Zoom Registration Link:**

<https://bit.ly/4nY946D>

**Meeting ID: 978 7153 8144**



### Bone Health Basics:

**Understanding Osteoporosis**

**January 16 at 10:30 A.M. PST**

**Zoom Registration Link:**

<https://bit.ly/43wHeah>

**Meeting ID: 941 5919 7367**

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.*