



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
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



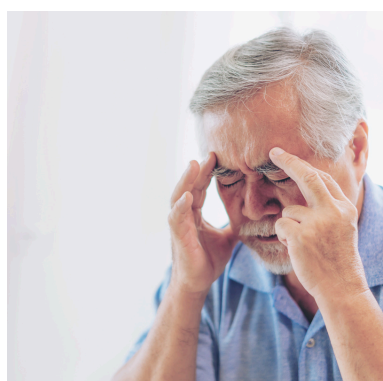
Trading Ages

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

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.