



Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

APRIL 2026 CLASS CALENDAR

If you would like to join by phone, please call :

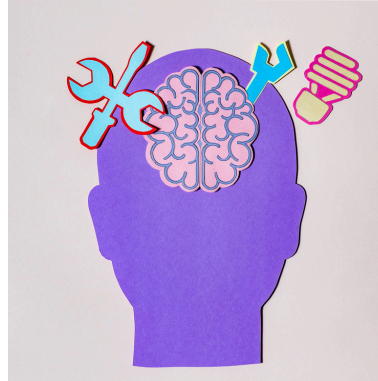
1-888-788-0099 and enter the class meeting I.D.

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.



Aging and Vision Loss
April 2 at 11:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/46svuH7>
Meeting ID: 916 0134 9013



Maintain Your Brain
April 9 at 3:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/4qI2vWY>
Meeting ID: 976 0969 5720



Trading Ages
April 10 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/4qQCQwt>
Meeting ID: 913 3054 3676



The Mediterranean Diet
April 14 at 10:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/3ZlBPil>
Meeting ID: 931 8554 8464



Control Your Cholesterol
April 22 at 11:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/3MfaywA>
Meeting ID: 935 8619 5866



Caregivers Are People Too!
April 29 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/3ZSPKhB>
Meeting ID: 965 8200 7218

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.