



# Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

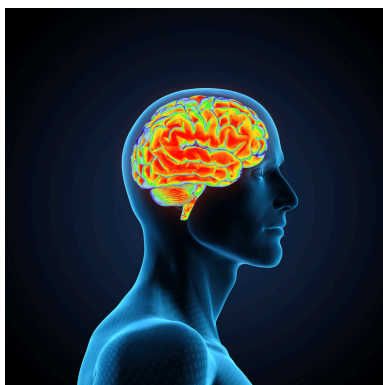
## SEPTEMBER 2025 CLASS CALENDAR

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](http://www.independenceathome.org).

or by scanning the QR code from your smart device.



### Maintain Your Brain

**September 4 at 10:00 A.M. PST**

Zoom Registration Link:

<http://bit.ly/4I3KpMd>

Meeting ID: 935 8740 3946



### Stop Falling! Home Safety and Preventing Falls & Injuries

**September 9 at 2:00 P.M. PST**

Zoom Registration Link:

<https://bit.ly/41O5X8j>

Meeting ID: 933 4001 4009



### Trading Ages

**September 10 at 10:30 P.M. PST**

Zoom Registration Link:

<https://bit.ly/4igt7Zv>

Meeting ID: 966 2680 3015



### Steps to Avoid Scams Part 1

**September 22 at 11:00 A.M. PST**

Zoom Registration Link:

<http://bit.ly/3UA1e6K>

Meeting ID: 923 7617 7112



### Active Everyday

**September 23 at 11:00 A.M. PST**

Zoom Registration Link:

<https://bit.ly/40pHWEm>

Meeting ID: 931 4629 9389

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.*