



Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

DECEMBER 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 or by scanning the QR code from your smart device.



Goals to Reach for a Healthier You
December 2 at 2:00 P.M. PST
Zoom Registration Link:
<http://bit.ly/46yhvAB>
Meeting ID: 963 1441 6311



Beating the Holiday Blues
December 5 at 10:00 A.M. PST
Zoom Registration Link:
<http://bit.ly/4mzbMj9>
Meeting ID: 950 6979 6891



Trading Ages
December 9 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/4hrngSg>
Meeting ID: 929 8308 2838



Bone Health Basics: Understanding Osteoporosis
December 17 at 10:30 A.M. PST
Zoom Registration Link:
<http://bit.ly/47eo4bH>
Meeting ID: 950 4271 8702



Living Better with Arthritis
December 19 at 11:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/4lAig0F>
Meeting ID: 960 4692 4893

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.