



Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

OCTOBER 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.



Steps to Avoid Scams Part 2

October 6 at 10:00 A.M. PST

Zoom Registration Link:

<http://bit.ly/3Vd9WIk>

Meeting ID: 943 7154 1419



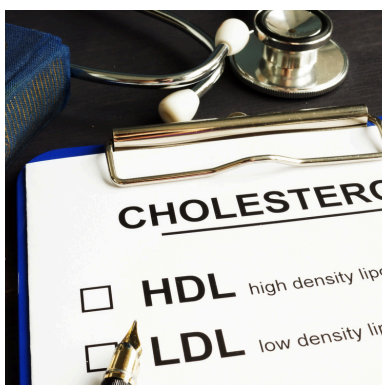
Do's and Don'ts of Healthy Dieting

October 10 at 10:00 A.M. PST

Zoom Registration Link:

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

Meeting ID: 917 2032 6828



Control Your Cholesterol

October 14 at 11:00 A.M. PST

Zoom Registration Link:

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

Meeting ID: 974 3224 9088



Trading Ages

October 16 at 2:00 P.M. PST

Zoom Registration Link:

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

Meeting ID: 997 2434 7219



Screenings for Better Health

October 17 at 11:00 A.M. PST

Zoom Registration Link:

<https://bit.ly/4orr6zn>

Meeting ID: 910 5856 6375

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.