



# Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

## MARCH 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](http://www.independenceathome.org) or by scanning the QR code from your smart device.



### Heart Health

**March 2 at 2:00 P.M. PST**

Zoom Registration Link:

<https://bit.ly/4qB6g1J>

Meeting ID: 910 8827 0718



### Eat Smart

**March 6 at 10:30 A.M. PST**

Zoom Registration Link:

<https://bit.ly/4i3fcJh>

Meeting ID: 983 6309 3932



### Memory Loss and Medication Safety

**March 9 at 11:00 A.M. PST**

Zoom Registration Link:

<https://bit.ly/47SdHcp>

Meeting ID: 988 1577 0763



### Trading Ages

**March 10 at 1:30 P.M. PST**

Zoom Registration Link:

<https://bit.ly/47wTOXV>

Meeting ID: 984 3241 9196



### Getting a Good Night's Sleep Without Medications

**March 13 at 11:00 A.M. PST**

Zoom Registration Link:

<https://bit.ly/4hOhz2H>

Meeting ID: 990 0043 7186



### No More Medicine Mayhem

**March 19 at 2:00 P.M. PST**

Zoom Registration Link:

<https://bit.ly/47GO65W>

Meeting ID: 975 2941 8239



### Guided Autobiography I

**April 1 at 10:00 A.M. PST**

5 class series

Zoom Registration Link:

<https://bit.ly/4q5femE>

Meeting ID: 919 5897 7797

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.*