

# IHSS Public Authority & Independence at Home 2023 Training Calendar



*Register for classes in advance by calling **805-654-3416***



## **Active Every Day** **January 4th at 3:30P.M.**

Start exercising doesn't mean go and run a mile every day. There are lots of ways to stay active and healthy. Learn about what you can do to stay active every day!



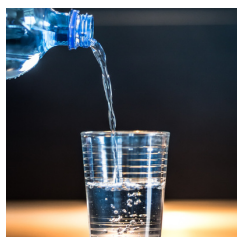
## **Do's and Don'ts for Healthy Dieting** **February 1st at 3:30 P.M.**

It's easy to gain weight but harder to lose weight quickly. Healthy weight loss isn't just about dieting. Do's and Don'ts of Health Dieting will teach you some helpful ways to be a winner in weight loss!



## **Eat Smart** **March 1st at 3:30P.M.**

Eating healthy is not as hard as you might think. With a little planning and making healthier choices, you too can eat smart. Learn some helpful tips to eating healthy and smart!



## **The Benefits of Drinking Water** **April 5th at 3:30P.M.**

When was the last time you drank water? Many of us don't get the water that our bodies need. Remember that our bodies are made up mostly of water. Join us to learn about why it's important to keep hydrated and what you can do to get enough water throughout the day.



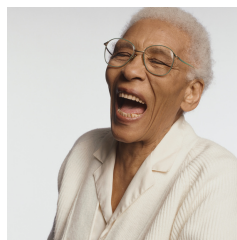
## **Goals to Reach for a Healthier You** **May 3rd at 3:30P.M.**

You want to be healthier but you're not sure where to start. There's so much to think about! It might help to have a plan of action. Join us as we discuss setting some goals to reach a healthier you!



## **10 Myths About Medication** **June 7th at 3:30P.M.**

There are many myths about medications. Paying attention to myths that are false can put you at risk for health issues. Join us to learn the TRUTH about some important myths about medication use.



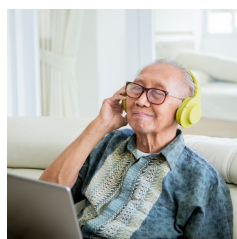
## **Bollywood Laughter Yoga** **January 25th at 3:30 P.M.**

Bollywood Laughter Yoga Dance combines Bollywood style aerobic dancing, laughter exercises and breathing exercises, which will make you feel refreshed and energized. The dance moves are taken from the Bollywood movies. They are very simple and are done seated.



## **Practice of Gratitude: What is Gratitude?** **February 22nd at 3:30P.M.**

A group activity where participants will have an opportunity to discuss what gratitude is and what it means to them.



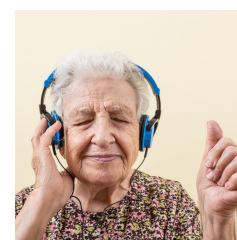
## **Music Appreciation: Music and Memory** **March 29th at 3:30P.M.**

The group will have an opportunity to discuss the positive impact of music on memory stimulation and recall. They will have an opportunity to share the name of a song/artist they remember listening to as a child, teen or young adult.



## **Practice of Gratitude: Meditation Techniques** **April 26th at 3:30P.M.**

Participants will have an opportunity to learn and discuss about how they can incorporate meditation into their practice of gratitude.



## **Music Appreciation: Music as Identity** **May 24th at 3:30P.M.**

Participants will have an opportunity to discuss music through different era's and the impact on generations. They will have an opportunity so share with others songs or artist that are meaningful to them.



## **Practice of Gratitude: Creating a Haiku** **June 21st at 3:30P.M.**

Participants will have an opportunity to create a haiku which is a type of poem originating from Japan. Participants will be encouraged to share their creations with others in the class.



If you have questions about events, contact us at **855-587-7226**.



If you wish to receive the monthly calendar via email, send a message to  
**[communityoutreach@scanhealthplan.com](mailto:communityoutreach@scanhealthplan.com)**

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

**July 5th at 3:30P.M.**

All adults need between 7 and 9 hours of good sleep each night. But sometimes sleeplessness takes hold and could cost you precious hours of sleep. Many of us don't want to take pills for it either. This program will teach you some good sleep habits you can do to get a good night's sleep – without medications!

### Medications- What You Need to Know to Be Safe

**August 2nd at 3:30P.M.**

Medications are helpful in treating our conditions, but taking medicine the wrong way can be harmful. Join us to learn what you can do to help make your medication use safer.

### Caregivers Are People Too!

**September 6th at 3:30P.M.**

Caring for someone else is one of the most rewarding things you can do. But it's also one of the hardest. As a caregiver there are lots of things to think about and lots of things to do. At this program, learn about how to take care of yourself to be the best caregiver you can be.

### Getting the Care You Want When You Need it Most

**October 4th at 3:30P.M.**

Planning ahead works for pretty much anything. But planning ahead in your health care can give you and your family peace of mind. Join us to learn about how to get the care you want when you need it most.

### Red Flags That An Older Adult Needs Help

**November 1st at 3:30P.M.**

How do you know when an older adult needs help? Learn some of the signs and red flags when an older adult needs some help to remain healthy and independent.

### Beating the Holiday Blues

**December 6th at 3:30P.M.**

The holidays are a joyous season for many. For others, it's a time of blues. But it doesn't have to be. Join us to learn some ways that you can beat the holiday blues!

### Story Sharing: A Walk Down Memory Lane

**July 26th at 3:30P.M.**

Story Sharing offers participants the opportunity to contemplate some of life's big questions and / or review their life experience and adventures with a group.

### Laughter Yoga

**August 30th at 3:30P.M.**

Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for Laughter Yoga where we will combine laughter with yoga breathing to make exercise fun! Yoga mats are not required, as exercises are conducted in chairs. Feel free to invite a friend!

### Open Mic

**September 27th at 3:30P.M.**

Participants are encouraged to take part in this class by singing or playing an instrument, reading a favorite poem or short story, performing comedy or telling a joke - make sure to keep it PG! If you get stage fright, you're more than welcome to come and observe

### Let's De Stress

**October 25th at 3:30P.M.**

Stress is a normal part of life, but how you deal with that stress makes a big difference to your health. Come connect with others and learn tips on ways to better manage the stress in your life! We will end the session with a gratitude meditation.

### Nutrition Bingo

**November 29th at 3:30P.M.**

Learn while playing a game?! It's true. Learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo!

### Social Cookbook: The Stories Behind Our Recipes

**December 27th at 3:30P.M.**

Identity, culture and memory. An interactive class in which we come together to recollect and share our most treasured recipes, unforgettable meals and the stories behind these memories.



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