



*“Restoring Health, Rebuilding Life,  
and Revitalizing Hope.”*

## Wellness Center

Our health and wellness program offers a wide variety of classes to individuals with various disabilities, hospital employees, and community members at large. Our offerings focus on stress reduction, physical activity, healthy living, and community resource exploration. In addition, our center provides a large selection of support groups and education series led by knowledgeable and experienced instructors.

### Mission of the Wellness Center

To promote health and wellness for everyone through a focus on activities for mind, body, and spirit resulting in improved quality of life.

### Class Offerings

- Zumba Fitness
- Body Toning
- Introduction to Wheelchair Sports
- Yoga
- Meditation
- Aroma Therapy
- Restorative Gardening
- Photography
- Arts and Crafts
- Wii Fitness
- Alternative Cooking

And many more!

For more information, please contact the  
Rancho Wellness Resource Center by  
phone or email:

Phone: (562) 401-7432

Email: [RLAWellness@dhs.lacounty.gov](mailto:RLAWellness@dhs.lacounty.gov)

## RANCHO LOS AMIGOS

National Rehabilitation Center

7601 E. Imperial Highway

Downey, CA 90242

1-877-RANCHO-1 or 562-401-7111

TTY/TDD number 562-401-8450

or visit us at

[www.rancho.org](http://www.rancho.org),

[www.facebook.com/rancholosamigosrehab](https://www.facebook.com/rancholosamigosrehab),

or [www.twitter.com/ranchorehab](https://www.twitter.com/ranchorehab)



## **Fitness Gym**

Our State of the art cardio and fitness gym offers a wide variety of the latest accessible workout equipment for all fitness levels. Experienced gym personnel are available to answer questions and provide instruction on appropriate equipment use.

## **Resource Center**

This center is dedicated to providing customized assistance in obtaining community resource information and activities of interest to fit the needs and goals of each participant.

## **Membership Registration**

Join Rancho Wellness Center for \$10.00 per month or take advantage of our special offer of \$25.00 for three (3) months! Membership includes unlimited access to the Life Gym and Wellness class offerings from our monthly calendar. Assisted membership is available for an additional \$5.00 per month, as well as V.I.P. membership, which includes one hour assistance to maximize your workout session.

## **Time Banking/Scholarship Opportunities**

Become a Wellness Center volunteer and bank twelve (12) hours a month of volunteer work to receive a Wellness Center membership or may be referred to apply for a Wellness Center scholarship, if experiencing a financial hardship.