

CLASSES WE OFFER

Meditation
Aromatherapy /Relaxation
Artist on the Rise (sponsored by Rancho Foundation)
Bingo
Brains in Motion
English Class
Knitting is My Therapy
Wheelchair Sports Class
Zumba

SUPPORT GROUPS*(free)

ABI Support Group
SCI Support Group
Driving Support Group
Stroke Support Group
Aphasia Support Group
Women's Support Group
*available in English and Spanish

Price menu:

Monthly membership \$25
Zumba monthly membership \$40
Personal training \$25-\$45
Nutrition private sessions: \$110-\$180
Physical therapy sessions: \$110-\$130
Rehab Tech assisted sessions: \$15



CONTACT US

7601 Imperial Highway
Downey, CA 90241

(562) 385-6600 - Call
(562) 539-4028 - Text

rlawellness@dhs.lacounty.gov
www.rlafit.com

Don Knabe Wellness Center
is supported by generous
donations from:

Las Floristas



RANCHO LOS AMIGOS
NATIONAL REHABILITATION CENTER

WELLNESS CENTER AT RANCHO

Mind • Body • Spirit



Mission

To optimize well-being of everyone through balance of mind, body, and spirit.



Wellness Center at Rancho and Rancho Virtual Wellness provide premier and innovative health and wellness services in the form of recreation, exercise, nutrition, education, and emotional support offerings to individuals in greater Los Angeles area and beyond. We have specialty expertise in provision of services to individuals with physical and cognitive disabilities.



Specialty Services

Physical Therapy Wellness Consultation
Personal training
Physical Therapy Robotic session
Functional Electrical Stimulation (FES)
Standing Frame
iCARE Elliptical

For Specialty Services information,
please email rlawellness@dhs.lacounty.gov

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www.rancho.org • [www.twitter.com/ranchorehab](https://twitter.com/ranchorehab) • www.facebook.com/rancholosamigosrehab • www.instagram.com/ranchorehab

To request reasonable accommodation, contact the ADA Coordinator's Office at (562) 385-7428 or by email at lawong@dhs.lacounty.gov
5 days in advance