

Rancho Virtual Wellness

by Don Knabe Wellness Center

www.RLAFit.com

Get • Ready • Optimize • Wellness

Live Virtual Private Sessions

Virtual Nutrition Session—\$90-\$150/session

*by appointment only



*To make an appointment email:

rlawellness@dhs.lacounty.gov

or text to (562) 539-4028



Monday

11:00 am

Spanish ABI Support Group

To join the group email:

RLAKnowBarriers@dhs.lacounty.gov

12:00 pm

English ABI Support Group

To join the group email:

RLAKnowBarriers@dhs.lacounty.gov

12:00 pm

Women's Support Group

To join the group email:

RLAKnowBarriers@dhs.lacounty.gov

6:00 pm

Song Writing Class

with Charles

To join the class email:

rlawellness@dhs.lacounty.gov

Tuesday

12:00

English SCI Support Group

To join the group email:

RLAKnowBarriers@dhs.lacounty.gov

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1:00 pm

Driving Support Group

2nd and 4th Tuesday of every

month. To join group email:

shayes@dhs.lacounty.gov and

lphillips2@dhs.lacounty.gov

2:00 pm

Virtual Brains in Motion

To join the group email:

rlawellness@dhs.lacounty.gov

Wednesday

12:00 pm

English Stroke Support Group

To join the group email:

RLAKnowBarriers@dhs.lacounty.gov

2:00 pm

Spanish Stroke Support Group

To join the group email:

RLAKnowBarriers@dhs.lacounty.gov

Thursday

12:00

Spanish SCI Support Group

To join the group email:

RLAKnowBarriers@dhs.lacounty.gov

Friday

Wellness Center at Rancho

Phone number: (562) 385-6600

rlawellness@dhs.lacounty.gov

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Hours : 7:00am – 3:15pm, Monday through Friday
10:00am - 2:00pm, Saturdays

For updates and information visit: RLAFit.com



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Mindfulness Class Room 110	12:15pm Zumba Room 105	9:00 am Knitting Class (1st and 3rd Wed) Outside of DKWC	9:30am Wheelchair Sports Class (2nd and 4th Thursday of every month) OBP Basketball Courts	10:00 am English Class Room 111
10:00 am English Class Room 111	12:30 pm Artist on the Rise Room 104	10:00 am English Class Room 105	10:00 am Mindfulness Class Room 110	10:00 am Brains in Motion Room 105
11:00 am Spanish ABI Support Group Room 105	1:00 pm Driving Support Group (2nd and 4th Tuesday of every month) OPB, OP1019	12:15 pm Zumba Room 105	11:00am Aphasia Conversation Group- English Room 105	12:15 pm Zumba Room 105
12:00 pm English ABI Support Group Room 105	1:00 pm Amputee Support Group (Last Tuesday of every month) Room 105	1:00 pm The Performing Arts Peer Support Group (1st Wednesday of every month) Room 105	12:00 Spanish SCI Support Group Room 110	1:00pm "So You Think You Can't Dance": Adapted Dance for All Abilities Room 105
12:30 pm Artist on the Rise Room 104		1:30 pm Bingo (1st Wednesday of every month) Room 104	12:15 pm Zumba Room 105	
		2:00 pm Spanish Stroke Support Group Room 105	1:00pm Aphasia Conversation Group- Spanish Room 105	

Towel service is not provided
Cleaning and disinfectant protocols in place
Food or beverages are not permitted