

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 |
|--|--|---|--|--|
| 10:00 am Mindfulness Class Room 110 | 12:15pm Zumba Room 105 | 10:00 am English Class Room 105 | 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 | 12:15 pm Zumba 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 | 1:00 pm The Performing Arts Peer Support Group (1st Wednesday of every month) 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 | 1:30 pm Bingo (1st Wednesday of every month) Room 104 | 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 | | 2:00 pm Spanish Stroke Support Group Room 105 | 12:15 pm Zumba Room 105 | |
| | | | 1:00pm Aphasia Conversation Group- Spanish Room 105 | |
| | | | | Saturday |
| | | | | 10:00 am Knitting Class (1st Saturday of every month) Room 105 |

Scan to access the schedule:



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