



**RANCHO LOS AMIGOS**  
NATIONAL REHABILITATION CENTER

For Immediate Release

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## **Rancho Health Fair to Promote Stroke Prevention and Education**

### **Screenings and Family Fitness Activities Planned for Community Health Event**

DOWNEY, Calif., May 5, 2011 – Rancho Los Amigos National Rehabilitation will hold its 5th annual *Stroke Health & Wellness Fair* on May 21 from 8:00 a.m. to 12:00 p.m. The public is invited to the “Roll around the Ranch” event which includes health screenings, health information and family entertainment.

“Rancho established the stroke fair to promote self management and wellness, and to empower participants to make educated choices and take control of their health,” says Rancho physical therapist Covey Lazouras.

In addition to blood pressure screenings, health and equipment vendors will be on hand to distribute health literature in concert with local community groups. Planned entertainment includes a 1K, 5K and Kids Fun Run, interactive art station, bowling, and “Wii & Wii Fit” competitions. Musical entertainment will be provided by Sherry Pruit and the Delgado Brothers.

Event participants can also donate to the “Wall of Hope” on the day of the event to enter a raffle for a chance to win a Nintendo Wii. Proceeds benefit stroke prevention and education efforts.

Registration can be made onsite or in advance through the Rancho website at [www.rancho.org](http://www.rancho.org). T-shirts will also be available for \$10. For additional information, contact the Stroke Fair “Hotline” at (562) 401-6241 or contact Mary Baca at (323) 890-8683.

### **About Rancho**

Rancho Los Amigos National Rehabilitation Center has over 50 years of experience providing quality care for people with disabilities. Rancho’s mission is to provide each patient with superior medical and rehabilitation services in a culturally sensitive environment. Rancho is one of the largest comprehensive centers and is world renowned in the field of medical rehabilitation. Rancho continues to be consistently ranked as one of America’s Top 20 Best Rehabilitation Hospitals 2011 and #7 among 138 best hospitals in the LA Metro Area by U.S. News and World Report. For more information, please visit [www.rancho.org](http://www.rancho.org).