



Wellness Center Enrichment Program

Located at The Arc of San Diego's North Shores Vocational Center, Our Place serves people with a variety of disabilities through classes that focus on the mental, emotional, physical health, and healing benefits of an inclusive health and wellness program.

\$45 Program Membership

Enrichment Program Membership Includes:

- Wellness Classes for 10 weeks
- Our Place Shirt & Hat
- Our Place Gym Towel
- Our Place Wristband
- Our Place Membership
- Arc of San Diego Membership



Program Schedule:

Every Saturday, 9:00 am to 12:30 pm
from January 27, 2018 to March 31, 2018

Arrival & Registration: 8:30 am - 8:45 am

Class Offerings:

- Adaptive Fitness
- Adaptive Yoga
- Adaptive Zumba
- Functional Fitness
- Nutrition
- Music Therapy
- Art Therapy

Discounted Membership \$25
for clients currently receiving services at The Arc!

****All registration forms and payments due by January 15, 2018.****

For more information contact Justin Umpierre at 619-685-1175, ext. 246 or jumpierre@arc-sd.com.



North Shores Vocational Center
9575 Aero Drive
San Diego, CA 92123

Frequently Asked Questions:

How much does it cost to access the Our Place Wellness Center Enrichment Program?

It costs \$45 for general membership or \$25 for participants currently receiving services at The Arc of San Diego.

How do I pay?

Option One: Cash or check made out to The Arc of San Diego

Option Two: Online payment at www.arc-sd.com/ourplace

Can I observe/assist my son, daughter or dependent in the Our Place Wellness Center classes? Do I need to be present?

It's completely up to you and the individual needs of the participant. You can observe/assist in the classes, stay onsite and surf the internet in our computer lab, relax in the Our Place Café, or drop off and pick up your son or daughter at the beginning (9:00 a.m.) and end (12:00 p.m.) of the scheduled activities. In some instances, a caregiver may be asked to stay on-site to assist with the participant (at the discretion of Our Place staff).

When and where does the Our Place Wellness Center Enrichment Program take place? How long is each class?

The Our Place Wellness Center Enrichment Program will take place at The Arc of San Diego's North Shores Vocational Center located at 9575 Aero Drive, San Diego 92123. Beginning on Saturday, January 27th, the program will run for ten straight Saturdays, from 9:00 am-12:30 pm, ending on March 31st. Each class is about 45 minutes in length.

Can children participate in the Our Place Wellness Center Enrichment Program?

The Enrichment Program is being offered to individuals 15 years of age and older.

Is each participant required to participate in all of the program offerings?

No. It's the participant's program. We understand that not all of the Our Place activities are for everyone. The program is purposefully designed to give the participant a choice in how they want to improve their overall health and wellness.

Who will be running the Our Place Wellness Center classes?

All Our Place classes will be taught by instructors who are certified professionals in their field of expertise and have experience working with individuals with disabilities. Each instructor can modify/adapt their program curriculum to meet the needs of each participant.

Additionally, The Arc of San Diego staff and volunteers will be on hand to assist participants during all Our Place activities.

Is transportation provided?

No. It is the participant's responsibility to coordinate transportation to and from class.