

The Saban Center for Health and Wellness

For information or an appointment, please call (818) 876-1777.

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The newest jewel of the Motion Picture & Television Fund is the Saban Center for Health and Wellness. Featuring a warm water pool for aquatic therapy and exercise, a high tech fitness gym, educational seminars and the MPTF Age Well Program, the Saban Center is an oasis of good health.

Our philosophy is simple: healthy lifestyle management can extend quality of life. Our goal is to provide the entertainment industry community, young and old, and their parents, with the structure and the means to live well. The staff of the center includes physicians who specialize in the physical challenges of aging, health educators, physical therapists, occupational therapists, aquatic therapy experts and social workers. These experienced practitioners focus on each client's individual needs and serve as guides on a journey to achieve maximum strength, flexibility, vitality and overall wellness.

You are invited to experience the wonderful amenities of the Saban Center for Health and Wellness. The pathway to a long, healthy life starts here.

Please call (818) 876-1777 when you are ready to take the plunge.

The Jodie Foster Aquatic Pavilion

More and more people are discovering the advantages of a water workout. Long revered as being a low stress, low risk method of rehabilitation from injury, aquatic therapy is rapidly catching on as a preferred method of exercise, especially for those with physical challenges like arthritis or fragility due to previous injury. The warm water pool offers a variety of aquatic exercise classes for adults with varying degrees of physical ability. The facility is also available for aquatic physical therapy.

The MPTF Age Well Program

Being proactive about your health can make a significant and positive difference in how well you live your life. Whether you are concerned about a parent or a loved one, changes in your own health or just want a head start in preparing for future health needs, The MPTF Age Well Program can provide care, guidance and support. Call (818) 876-4055 for information or an appointment.

High Tech Fitness Gym

The fitness gym at the Saban Center features state-of-the-art exercise equipment for all types of fitness goals. The equipment is computerized and personalized. The system provides a safe, guided and effective workout that uses accountability and personalized feedback to keep users motivated.

Physical Therapy Services Featuring Complete PT

MPTF proudly offers physical therapy services featuring CompletePT and renowned pool and land therapy expert, Lynda Huey. CompletePT's licensed, professional physical therapy staff offer innovative treatment programs and will adjust exercises, stretches and functional training to meet specific needs.

Wellness Education

A little knowledge goes a long way toward a healthy lifestyle. The Saban Center for Health and Wellness offers education classes, seminars that provide information, support and resources on a variety of health and lifestyle topics.

