

In The Spotlight

Treating clients well

Holistic health center has offered self-healing techniques for the past 25 years.

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Wellness Works Holistic Health Center, at 540 W. Broadway in Glendale, is a lesson in contrasts.

While cars zoom back and forth along the historic street, enter Wellness Works and you're immediately greeted by a warm, quiet home filled with books and music.

Farther into the house is a neatly manicured garden. Tended by Sejabou, who goes by only his first name, the garden is meant as an oasis.

Wellness Works specializes in self-healing and offers a variety of healing therapies, including acupuncture, body talk, hypnotherapy, meditation, massage, reflexology and yoga. And the center rents out its rear studio for other workshops and classes, including retreats.

"It's all self-help, and all towards how we can help ourselves," said Wellness Works therapist Kathy Lynch.

The center was founded by Nancy Rez and Mary Lu Coughlin 25 years ago as a place where people could

learn how to take care of themselves in a holistic way, Lynch said. At the time of the center's founding, the AIDS epidemic was in full swing, she said. This prompted the center to begin therapies associated with relieving the symptoms of HIV and AIDS.

"This was before the medicine ever came out," said Lynch, referring to such medications as AZT.

After medications for AIDS became the norm for people battling the disease, the center lost some of its clientele. But other patients soon came to seek its services, including cancer patients, Lynch said.

"The folks that come and participate in this part of the program, we don't have a cure, but it lets them live with their lives," Coughlin said.

Over the years, the center blossomed through the work of the nurses and practitioners, and it became a sort of epicenter for people battling life-crippling diseases. And some of those original patients, Lynch said, continue to come to the center for treatment.

"They're healthy and doing well," Lynch said.

Since 2007, the center has also offered services for veterans. Recently, Wellness Works held an open house to introduce the public to its veterans' services. Nineteen practitioners work with the veterans who visit Wellness Works.

"After I got my [therapy]



ROGER WILSON News-Press

Kathy Lynch is the general manager of Wellness Works, a holistic health center offering alternative medical therapies like acupuncture, acupressure, reflexology and hypnotherapy.

license, that was my dream, to work with veterans," said Lynch, whose father, Maj. Arthur Edwin Lynch, was in the Army and served in the Korean War. "We just started talking about it, based on what my dad went through, based on what my family went through."

Lynch, together with Wellness Works board Treasurer John Leonard and nurse Callie Wight, who works at the veterans' affairs center in Mission

Hills, founded the veterans' program at Wellness Works.

"It's unbelievable how many people — men in particular — are veterans," Coughlin said. "And they've never talked about it."

The center's services for veterans include counseling, with an emphasis on post-traumatic stress disorder. Wellness Works also works closely with veterans at the National Guard Armory in Glendale, and many of those

veterans have welcomed what Wellness Works does.

"Just as we addressed the AIDS issue in the early '90s, did we not want to consider extending our services to veterans and veterans' families," Coughlin said.

Wellness Works also goes out to other locations looking for veterans who might need assistance and who might have been overlooked, Lynch said.

"We can take a class, we can

take a series of classes, we can teach stress [relief], we can teach some of the practices that help with the anxiety of trauma and healing, teach it at their site and go back," Coughlin said.

"Our first step is teaching the wellness techniques," Lynch said. "We're going to teach them things that they can help when they have their anxiety, when they can't sleep at night — things that will help them to settle."