

Senior Wellness & Fitness

Outdoor Adventures
for a Healthier Life


RANCHO FAMILY
MEDICAL GROUP

*Learn more about our
Quality Senior Care!*

- Meet Local Doctors
- Free Fitness Classes
- Medicare Accepted

Wildomar Office:



Dr. Rome

Family Physician
Wildomar, CA

Welcoming
New Patients

951.430.4978

Wildomar Grand Opening!
Wildomar Office Location • Coming Fall 2024

Why Rancho?

Trusted Primary Care Since 1942

Rancho Family is dedicated to helping patients achieve and maintain optimal health!

45+ Providers

12 Offices

Wellness Programs

1

Specialize in Senior Healthcare

To learn more call us!
951.430.4978

Free Senior CrossFit+Jazzercise

Rancho offers classes featuring strength training through CrossFit (Murrieta) and aerobic exercise with Jazzercise (Temecula). Our goal is to make fitness easily accessible to senior patients, motivating them to embrace an active and healthy lifestyle. Call for more information.

Patient Relations Team

Our senior concierge team assists incoming senior patients (65+) and remains accessible throughout your care, ready to address inquiries regarding doctor changes and insurance concerns.

Medicare Experts

We have trusted local experts to guide you in choosing the right plan for your individual needs. A Broker can offer you a personalized review of the plans that you are interested in and even help you to enroll, all at no cost to you.



2

More available appointments

Nurse Practitioners & Physician Assistants

Have specialized training in:

- Diagnosis and treatment
- Medical history updates
- Lab and diagnostic test orders
- Result analysis
- Treatment plans
- Patient education
- Referrals
- And more!

3

Large Network of Specialists

Regal Medical Group

Rancho Family Medical Group has partnered with Regal Medical Group as our IPA (Independent Physicians Association), a prominent medical group in Southern California for over 35 years. Our partnership guarantees premier healthcare for our patients to access local specialists, hospitals, and insurance companies.

4

Elite Hospital Affiliations

Our patients are cared for by our hospitalist team at the following locations:

- Loma Linda University Medical Center in Murrieta
- Rancho Springs Medical Center
- Temecula Valley Hospital
- Inland Valley Hospital

5

Medical Scribes

Scribes let physicians focus on you, not the computer.

We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

Interested in becoming a patient?

Did you know you can switch your doctor any time of the year?

Patient Relations Team

If you are 65 or older, our dedicated team is here to help in any way we can!

Our team can help with:

- Switching to a Rancho Family doctor
- Complications with your care
- Insurance and specialist questions
- And more!



Call our team directly!
951.430.4978

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4978



Alignment Healthcare

We accept Medicare!

Call our Patient Relations Team, and they can help you with everything!

951.430.4978

Wildomar Grand Opening!



Wildomar Office

23823 Clinton Keith Rd. STE 102,
Wildomar, CA 92595

Office Number
951.414.8280

Senior CrossFit Murrieta, CA

This class is free to all Rancho Family Medical Group senior patients 55+. Caregivers and family are welcome to accompany any patients.

Call to learn more!
951.430.4978

*Want to join us for our
grand opening event?
Call for details!*

951.430.4978



Dr. Rome

- Midwestern University
– Arizona College of Osteopathic Medicine
- Residency at Southern Illinois University



Dr. Brewer

- Undergraduate at UCLA
- Medical degree from Western Medical School
- Residency at St. Luke's Hospital in Pennsylvania



Desirae Segura, NP

- Master of Science in Family Practice Nurse/
Nursing at University of South Florida



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***Want to meet Dr. Rome
before making an appointment?***

Give us a call for more information about our
Meet the Doctor events coming up. 951.430.4978

Dr. Rome Walter

Family Physician

Hometown

- Central Valley, CA

Education

- Midwestern University – Arizona
College of Osteopathic Medicine

Residency

- Southern Illinois University

Why Dr. Rome pursued medicine

- During his childhood Dr. Rome recalls
times his mother would have each of
her children drink aloe vera juice and
apple cider vinegar as a measure to add

some extra nutrition into their busy
lives. This initially started Dr. Rome
down his path toward becoming a
holistic physician and pursuing a career
in osteopathic medicine.

Hobbies

- Mountain biking
- Reading classic literature
- Meditating
- Spending quality time
with his wife and five children.

**[ranchofamilymed.com/
rome-walter/](https://ranchofamilymed.com/rome-walter/)**

Desirae Segura

Nurse Practitioner

Home State

- Southern California

Education

- Master of Science in Family Practice Nurse/
Nursing at University of South Florida

Approach to Patient Care

Desirae believes that achieving optimal health relies on a collaborative partnership between the patient and the provider.

Hobbies

- Early morning workouts
- Enjoying a good cup of coffee
- Yoga
- Running on the beach
- Spending quality time with family



Wildomar Office

Interested in seeing
our providers? Call us!

951.430.4978

ranchofamilymed.com/desirae-segura



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Dr. Mark Mueller

Family Physician

Hometown

Buena Park and La Palma, California

Education

Undergraduate and Medical School at
University of California, Irvine

Residency

Internal Medicine at Santa
Barbara Cottage Hospital

Why Dr. Mueller pursued medicine

Dr. Mueller developed a passion for the sciences early on, supported by a family that encouraged his academic and personal interests. His career journey reflects his dedication to both preventative and sports medicine, having served as a team physician for high school and college teams, and a lifelong interest in cardiovascular health and resuscitation techniques.

Hobbies

- Hiking
- Music
- Swimming
- Woodworking
- Pilates



Cal Oaks Office

Interested in seeing
Dr. Mueller? Call us!

951.430.4978

[ranchofamilymed.com/mark-meuller/](https://www.ranchofamilymed.com/mark-meuller/)

Walking & Hiking

Explore Local Trails

Discover the joy of outdoor exploration with our handpicked trails tailored for patients in local areas. Rated as easy, these walking and hiking paths invite you to bask in the sunshine and relish the beauty of nature while prioritizing your well-being.



Heritage Lake Park

27600 Heritage Lake Dr.

Menifee, CA 92585

Difficulty: Easy

Distance: 1.3 miles



Simpson Trail, Aldergate Park

Aldergate Park

Menifee, CA 92584

Difficulty: Moderate

Distance: 1.2 miles



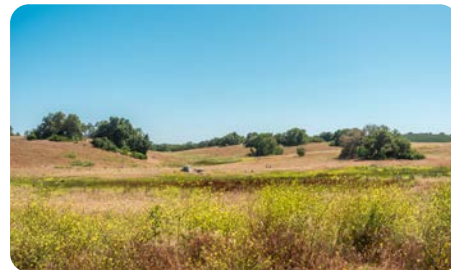
Bear Valley Park

23340 Holly Dr.

Murrieta, CA 92562

Difficulty: Easy

Distance: 1.1 miles



Santa Rosa Plateau Trails

39400 Clinton Keith Rd.

Murrieta, CA 92562

Difficulty: Easy - Moderate

Distance: 1.1 - 8.5 miles

ranchofamilymed.com/hiking-trails/



Join Our Rancho Wellness Walks!

Rancho senior patients who join our wellness walks love it for staying active and making social connections.

Call to learn more! 951.430.4978

Embracing Activity & the Great Outdoors

As we gracefully navigate through the golden years of life, it's important to remember the incredible value of staying active and enjoying the beauty of the great outdoors. While it might be tempting to settle into a more relaxed routine as we age, the benefits of staying active, especially outside, are truly invaluable for our health and well-being.

Physical Health Benefits

Keeping our bodies moving is key to maintaining our health and independence as we grow older. Activities like taking leisurely walks, tending to a garden, or practicing gentle yoga can help improve our balance, flexibility, and strength. These activities also provide us with the sunlight we need to produce vitamin D, which is essential for keeping our bones strong and healthy.

Mental Well-being

Spending time in nature has a remarkable way of lifting our spirits and reducing stress. Studies have shown that seniors who spend time outdoors often feel happier and more at peace. Whether it's sitting in the sunshine or taking a stroll through a local park, connecting with nature can provide us with a sense of calm and rejuvenation.

Social Engagement

Maintaining connections with others is essential for our mental and emotional well-being. Outdoor activities provide wonderful opportunities to socialize and make new friends. Joining a walking group or participating in outdoor events with loved ones can help us feel connected to our community and combat feelings of loneliness.

Cognitive Function

Keeping our minds active is just as important as staying physically active. Engaging in outdoor activities that stimulate our senses, like birdwatching or exploring nature trails, can help keep our brains sharp and focused. Plus, the peacefulness of outdoor settings can provide us with the perfect environment for relaxation and mindfulness.

Embracing an Active Lifestyle

We can honor the vibrancy we contribute to our communities by embracing an active lifestyle. Whether we prefer a relaxed walk in the park, outdoor fitness classes, or tending to our backyard gardens, there are myriad ways to stay active and engage with nature, fostering a deeper connection with our surroundings.

By embracing outdoor activity and savoring the beauty of nature, we can continue to lead fulfilling and vibrant lives. This enriches our physical, mental, and emotional well-being for years to come.



ranchofamilymed.com/hiking-trails/

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Dr. Anh Brewer

Family Physician

Education

- Undergraduate at UCLA
- Medical degree from Western Medical School

Residency

- St. Luke's Hospital in Pennsylvania

Approach to Patient Care

Dr. Brewer emphasizes the importance of treating the whole person. She strongly believes that lifestyle changes can play a crucial role in preventing the need for medications and maintaining overall health.

Hobbies

- Cooking
- Backpacking
- Hiking
- Biking



Wildomar Office

Interested in seeing
Dr. Brewer? Call us!

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ranchofamilymed.com/anh-brewer/



Dr. Mueller
Family Physician

Join us for our next *Meet the Doctor* event!

Want to meet Dr. Rome or Dr. Mueller
before making an appointment?
Give us a call for more information.

Did you know?

You can switch your physician
anytime throughout the year.
Call today to switch!

951.430.4978

ranchofamilymed.com


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