

Altru Wellness Village

Where health and wellness come to life.

Investing in a Healthy Community

Imagine people coming together to celebrate healthier lifestyles in a place that includes all aspects of health and wellness. This dream is not out of reach. In fact, over the past three years, the Grand Forks Park District, Altru Health System and other community groups have researched opportunities to create a complex dedicated to improving the well-being of the community.

By way of the Grand Forks Park District and Grand Forks YMCA Family Center, Altru is giving the community a gift of \$6.5 million to help fulfill the dream. Together, we are creating a health and wellness campus on the south end of Grand Forks, and revitalizing the YMCA in a way that best meets the community's needs.

As you may recall, Altru announced a commitment to lease space within Choice Wellness Center earlier in 2010. The decision to invest in our communities through this project was easy. Altru's mission is to improve the health and enrich the lives of those in the communities we serve. We continually seek ways to be involved in and contribute to activities and partnerships in our region. We believe every individual should enjoy the best achievable health and so should our community. Both the Grand Forks Park District and YMCA have missions similar to ours. We all know we can all better serve you by working together.

The result is a development where everyone is welcome. Altru Wellness Village is where families and individuals of all ages can come together, get involved and get healthy.

Improving Health, Enriching Life

Altru is enhancing the development with a focus on four components that encompass a comprehensive approach to health and wellness.

Focus on Children and Adolescents

Across the United States, the incidence of childhood obesity and diabetes is overwhelming. Our commitment to the well-being of our community and its future has to emphasize the health of our youth. Numerous studies show that the habits and lifestyle choices people develop as children tend to continue throughout their lives. That is, young people who are encouraged to live active, healthy lifestyles will continue to demonstrate good decision-making skills regarding their health and well-being into adulthood.

A key facet to our mission is to encourage active and healthy lifestyles for children and adolescents. Altru will implement opportunities for area children to be proactive in their health and learn more about the importance of making healthy choices. Even more, Altru will provide direct support for scholarships so that youth, who otherwise could not afford it, will be able to join Choice Wellness Center and participate in the programs it offers.





World-Class Sports Medicine Program

Our community includes a wide variety of athletes from the elite to the weekend enthusiast. There are children starting their first season of t-ball, adolescents pursuing their passion for sports while in school, and adults with a passion for weekend recreation. We believe all individuals, no matter their skill level, deserve access to a program that not only fosters their growth but also improves their performance. Altru's commitment to bringing a world-class sports medicine program to the community will do just that. The program's comprehensive approach brings doctors, therapists and trainers together with a focus on rehabilitation and performance enhancement.



Improved Access to Primary Care

Our motivation to improve the quality of care in the community is very visible. Providing convenient access to excellent care within a space that promotes overall health and wellness is a fundamental element of Altru's mission. Therefore, Altru is committed to constructing a clinic, featuring primary care services, within the new development. As our community grows south of Grand Forks, we look for ways to improve access to care. The new clinic will create improved opportunities for patients to see primary care providers in a convenient location.



Prevention and Genetic Medicine

Advances in medicine have introduced new methods for individuals to manage disease. Altru's focus on providing disease prevention and genetic medicine emulates the development's mission of building optimum community well-being for all citizens. Through this component, the community will have access to key professionals who will help them understand their risks, prevent, help manage and, in some cases, reduce the expression of inherited disease.

A Healthier Community

Since Altru was created 13 years ago, the focus of our mission – Improving Health, Enriching Life – has been, and always will be, to serve you and improve your quality of life. As we continually look for ways to make a healthier community, we believe this endeavor is a wise investment in our community's future. As you can see, caring for the community is more than our job; it's our passion. We are honored to share this gift with you.





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