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FOR IMMEDIATE RELEASE

Altru partners with GF Park District to create health and wellness campus

Altru Health System, Grand Forks, ND – Altru Health System has taken another step in fulfilling its mission by investing in a healthy community. By way of the Grand Forks Park District and Grand Forks YMCA Family Center, Altru is investing \$6.5 million in the community to help create a health and wellness campus on the south end of Grand Forks, and revitalize the YMCA in a way that best meets the community's needs.

"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," states Dave Molmen, Altru's Chief Executive Officer. "Both the Grand Forks Park District and YMCA have missions similar to ours. We all know we can better serve the community by working together."

Altru is enhancing the development with a focus on four components: children and adolescents, world-class sports medicine program, improved access to primary care, and prevention and genetic medicine.

"These services compliment the goals of the new campus, and Altru is proud to help bring them to life. We look forward to playing a greater role in our community's health and wellness through each of these important components," says Casey Ryan, MD, President of Altru.

Focus on Children and Adolescents

A key facet to Altru's mission is to encourage active and health 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. Altru will also 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

Altru's commitment to bringing a world-class sports medicine program will give all individuals, no matter their skill level, access to a program that fosters growth and improves performance. The program's comprehensive approach brings doctors, therapists, and trainers together with a focus on rehabilitation and performance enhancement.

Improved Access to Primary Care

As our community grows, Altru wants to improve access to care. Therefore, Altru will construct a clinic, featuring primary care services, within the health and wellness development. The new clinic will create improved opportunities for patients to see primary care providers in a convenient location.

Prevention and Genetic Medicine

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.

"Thanks to the progressive vision of Altru and its board of directors, today is not a step, but a vast leap toward greater health and wellness for our community and region. Altru's gift along with our generous donors and sponsors has given us all we need to complete this project, in addition to our current million dollar public campaign," states John Staley, Director, Grand Forks Park District. 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.

"The Grand Forks YMCA Family Center is grateful and thrilled to receive such a wonderful gift and to place Altru Health System's name on the Y Family Center facility. In addition, we are excited for the opportunity to partner on endless possibilities of programs and services to enhance health and wellness in our community," tells Deb Thompson, Chief Executive Officer, Grand Forks YMCA Family Center.

"We are very proud to participate in bringing this healthcare village to a reality for our community. It will serve as a cornerstone in achieving a healthy community through integrating medical services, prevention and wellness," shares Brad Wehe, Altru's Administrative Director of Regional Operations.

Altru Health System is a community-owned, integrated system with an acute care hospital, a rehabilitation hospital, more than a dozen clinics in Grand Forks and the region, a large home care network, and a congregate living facility. It employs nearly 200 physicians and 3,800 staff and has annual net operating revenue of \$372 million.

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-ALTRU HEALTH SYSTEM - HERE FOR LIFE-

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