

Building a Healthy Community

WELLNESS WINS

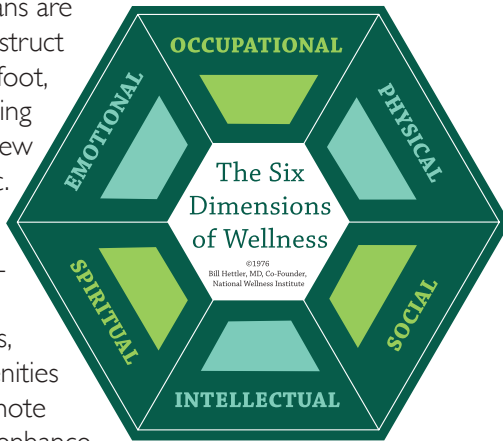
A New Model of Community Well-Being

Project

Our community members voiced a clear desire to include a wellness center as a part of the new CentraCare Health – Long Prairie medical campus.

We listened. Plans are underway to construct a 12,000-square-foot, \$4.5-million building adjacent to the new hospital and clinic.

The Regional Community Well-Being Center will provide programs, services and amenities designed to promote healthy lifestyles, enhance quality of life and support well-being through the six dimensions of wellness.



Need



Increase in community bonding across cultures



Decrease in preventable chronic health conditions



Only 33% of Todd County citizens have access to EXERCISE opportunities compared to 84% statewide.

Adult Condition	Todd County	State of MN
Diabetes	13.1%	7.3%
Heart Disease	36.3%	26.3%
Obesity	29%	26%
Tobacco Use	17%	16%

Solution



Community Impact

>35,000

The center will help meet the wellness needs of over 35,000 residents within a 20-mile radius of Long Prairie.

Pathway to Funding

The cost of this 12,000-square-foot facility is \$4.5 million.



Timeline

Construction will begin once all funds for the project have been secured. The timeline to reach funding goal is July 2018, with construction beginning Summer 2018, providing the funding has been secured. The anticipated opening is Spring 2019.

Help make this project a reality TODAY!

For information about giving opportunities to support this project or questions about the Regional Community Well-Being Center, please contact Nicole Bjerke at BjerkeN@CentraCare.com 320-732-7337.

Additional information and online giving available at: www.CentraCare.com/WellnessWins

Partners

This collaborative project includes partners that serve a number of populations including older adults, persons of color, low-income and those with disabilities and/or chronic conditions.

- Adult Basic Education
- Central Lakes College
- Central Minnesota Council on Aging (CMCOA)
- City of Long Prairie
- Initiative Foundation
- Latino Economic Development Center
- Long Prairie Chamber of Commerce
- Long Prairie-Grey Eagle Schools
- Rainbow Rider
- Region Five Development Commission
- Small Business Development Center
- Todd County Council on Aging
- Todd County Development Corporation
- University of Minnesota Extension Office

Comprehensive Regional Economic Development Strategy (CREDS)

VITAL PROJECT DESIGNATION

This Community Well-Being building project has been selected as one of ten 2016 Vital Projects by the Region Five Development Commission CREDS Strategy Committee. This project was recognized as an initiative that has regional significance and possesses multi-jurisdictional, multi-agency benefits.

