

LECOM Health & Wellness Center

Erie, Pennsylvania



LECOM Medically Integrated Health & Wellness Center

Facts & Statistics

LECOM has chosen Marshall Erdman and Associates to design a new kind of health care facility for Erie – a three-story, medically integrated wellness center at a centralized location where members can exercise and enjoy spa-type services and where patients also can have access to physical therapy and physician offices. The new facility will be constructed north of the existing hospital at the southeast corner of Peach Street and West 54th Street.

The facility will serve as a community resource for medical wellness and education. LECOM will construct a model wellness center incorporating osteopathic philosophies with state of the art fitness and clinical facilities. Every aspect of the Health and Wellness Center aims toward improving the quality of life of people who use or work in the facility. The Marshall Erdman design approach will produce a facility that yields benefits for LECOM, its students, employees and the community.

The first and second levels house the fitness and conference center. The third level provides suites for medical office space. The expansive two-story atrium with a glass curtain wall allows natural light to fill both levels of the fitness center. The design makes efficient use of space. Quiet areas for yoga and spa treatment rooms are separated from the gym, pools, and cardio-fitness areas. The design provides for family dressing rooms and child-care.

The site combines a number of properties owned by the hospital, which will be rezoned to support the project. LECOM will raze a variety of occupied and vacant buildings currently located on site to accommodate the new facility.

The seven-acre site will allow space for the 107,500 square foot building and provide parking for more than 400 vehicles. Healing gardens and pathways surround the building. A drive-up canopy protects the main entrance. The new facility will set the architectural image for the campus. The target completion date is September 2008.

First Floor - Fitness Center facilities (48,500 sf):



- Men's Locker Room: 2,600 sf, 160 lockers
- Women's Locker Room: 3,000 sf, 170 lockers
Luxurious locker rooms with full length lockers and private lounge areas; whirlpool, steam, and sauna in each locker room; complimentary towel service; private assisted changing rooms
- Family Locker Room: 265 sf, 6 lockers
- Spa: 1,200 sf, 5 therapy rooms with private women and men entrances.
- Aerobics room: 1,700 sf
- Multi-purpose room: 970 sf
- Yoga/Pilates Room: 1,300 sf with privacy window wall
- Swimming Pools:
 1. Lap Pool: 5 lanes by 25 meters
 2. Exercise Pool: - 2,000 sf
 3. Warm Water Therapy Pool - 1,500 sf
- Supervised Children's Area: 700 sf
- Internet Lounge: 370 sf

LECOM Medically Integrated Health & Wellness Center Unique Amenities and Features

LECOM has chosen Power Wellness Management as the college's strategic partner for planning and operating the fitness center. LECOM and Power Wellness are committed to strengthening the health and well-being of the community with a medically based fitness and wellness center.

Power Wellness planning and management services have created long-lasting partnerships with healthcare systems across the United States. A partnership with Power Wellness will help LECOM deepen the college's role within the community as a trusted resource for preventative and medical care.

- Adult based facility open to the general public
- Month to month billing via EFT (no long term contracts)
- Programmed to meet the unique needs of individuals regardless of age or experience
- Three pools of water with varying temperature degrees for appropriate programming
- Each individual will have a health assessment performed and an exercise program tailored to their needs.
- Center will have a medical oversight board for health assessment protocols, programming, and staff emergency response training.
- Facility will be professionally managed with exercise physiologists and nationally certified instructors
- All staff is CPR and AED (automated external defibrillator) certified
- Health education will be available to members and non members
- Select programming will be available to non members
- Personal training
- Weight management programming
- Nutritional Counseling
- Transitional rehabilitation programming



First Floor - Fitness Center facilities (48,500 sf) continued:

- Cafe - 1125 sf with Cafe prep, teaching and healthy menu cafe
- Three Health Education Conference rooms - 500 to 700 sf
- Gift Shop - 180 sf
- Gymnasium - 6,000 sf with full basketball volleyball court
- Two racquetball courts
- Golf Swing Lab
- Office space

Second Floor (32,000 sf):



- Three-lane (nine laps/mile) running track
- Exercise/Cardio area - 14,000 sf with state of the art cardio/strength training equipment
- Free Weight Area - 1,300 sf
- Spinning Area - 1,000 sf
- Two Test Rooms - 140 sf each with treadmills
- Physical Therapy Area
 1. Six private treatment areas
 2. Therapist office and Therapist work area

Third Floor (27,000 sf):



Six clinical office suites each with individual waiting areas and two Conference rooms

- Integrated Medicine
- Internal Medicine
- Geriatric Medicine
- OB-GYN
- Orthopedics
- Imaging (Radiology)

**LECOM Medically Integrated Health & Wellness Center
Facts & Statistics
Project Costs**

The Lake Erie College of Osteopathic Medicine and Millcreek Community Hospital have made a major investment toward the development of the property surrounding the hospital site. The expansion of the LECOM/MCH campus will cost close to \$50 million. The projects include the new three-story Health & Wellness Center and the additions announced in August 2006 for the expansion of Millcreek Community Hospital and Millcreek Geriatric Education and Care Center.

<u>Land</u>	
Total Land	<u>7,150,000</u>
<u>Wellness Center Building</u>	
Building	28,892,000
Wellness Equipment & Furniture	1,000,000
Physician Office Equip.& Furniture	600,000
Radiology Equipment	<u>1,000,000</u>
	<u>31,492,000</u>
<u>Hospital and Nursing Home</u>	
Fifth Floor Addition	4,162,100
Fifth Floor Furniture & Equipment	150,000
Three Story New Building - HBE	4,551,600
Second & Third Floor Build Out	850,000
Skilled Nursing Furn. & Equip.	100,000
Second & Third Floor Furn. & Eq.	200,000
Manor Renovations	760,000
Manor Furn. & Equip.	<u>200,000</u>
	<u>10,973,700</u>
 Total All Construction Projects	 <u>\$49,615,700</u>

