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FOR IMMEDIATE RELEASE

PENINSULA HEALTH CARE DISTRICT TO OPEN WELLNESS CENTER

*The Trousdale Wellness Center, the only program of its kind in San Mateo County,
will serve all 18+ with-a specific focus on older adults*

BURLINGAME, CA, April 27, 2018: A senior-focused fitness and wellness program will remain in the District after the Peninsula Health Care District (PHCD) board of directors last night approved a partnership agreement. PHCD will own The Trousdale Wellness Center (The Center) and has identified Eskaton, a nationally recognized community-based not-for-profit with a strong history of delivering high-quality care for older adults, to serve as the operator.

In response to Sutter's January announcement to close the Center at 1875 Trousdale Drive, PHCD, as part of its mission to identify and address gaps in needed health services, worked with current program participants and staff to explore what type of model and partner would best serve community members and gym patrons. Sutter Health has leased the building from PHCD since 2009.

"Eskaton is an ideal partner to operate and manage The Trousdale Wellness Center," said Lawrence Cappel, PhD, PHCD board chair. "Eskaton has 50 years of experience in operating senior living communities and has developed an evidence-based wellness curriculum that is ready to be implemented in our community. We have learned through our work together building The Trousdale, PHCD's assisted living/memory care facility at 1600 Trousdale, that they are reliable, dedicated and have a proven track record of values congruent with those of the District," he continued.

The Center will provide gym members of all ages (18+) with a safe, well-equipped space to exercise and enjoy social connectivity with other gym patrons. In addition to cardio and strength training equipment, group exercise classes, and personal training, The Center will offer a wide-array of education and wellness classes that are designed and tailored specifically to meet the changing and unique needs of older adults.

PHCD will take back occupancy of its facility 1875 Trousdale on July 1, upon termination of Sutter Health's lease. After a brief closure for minor improvements and cosmetic refreshing, PHCD will re-open the facility as The Trousdale Wellness Center, the only program of this nature in San Mateo County.

"I've been using the gym facilities for more than 11 years before it moved from the old hospital to the Trousdale location. The camaraderie and socialization with my fellow exercisers has been as meaningful to my well-being as the exercise," said Gloria Velez, gym patron.

"The fitness center has made a significant and positive contribution to my overall health, as confirmed by my primary physician," said another gym patron in a recent survey. "Everyone encourages each other as we work toward our various goals."

About the Peninsula Health Care District:

Founded in 1947, the Peninsula Health Care District addresses the health and wellness of the San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo and Foster City communities. The District is governed by a 5-member elected board of directors and is responsive to the unique health and wellness priorities of Peninsula communities. The District is developing facilities for future community benefit, remains focused on responsible stewardship of taxpayer assets, and is committed to full transparency. To learn more about PHCD, visit www.peninsulahealthcaredistrict.org.