



**8166 Main St.
Houma, LA 70360
Attn: Marketing and Planning**

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**For More Information
Contact: Rhonda Alfred
985-850-6179
Rhonda.alfred@tghealthsystem.com**

Terrebonne General Health System Breaks Ground on the Healthy Lifestyles Center

Houma, LA – Terrebonne General Health System is pleased to announce the groundbreaking of the expansive 145,000-square-foot state-of-the-art Healthy Lifestyles Center (the Center) on September 15. This \$80 million investment marks an important step toward bringing an all-encompassing facility aimed at helping individuals achieve their fitness and overall health goals, providing expanded access to vital health and wellness resources that will further enhance the care and services available to Terrebonne Parish residents and beyond.

The Healthy Lifestyles Center will bring fitness, wellness, prevention, rehabilitation and athletic performance together under one roof. Designed to serve a broad range of fitness levels, ages and health needs, the Center will offer something for everyone, from individuals focused on everyday fitness and healthy living to athletes, active older adults, those recovering from injury and individuals who can benefit from medically guided programs.

“Every chapter of Terrebonne General’s story has been shaped by one belief: this community is worth showing up for, investing in and believing in. Today, we are putting that belief into the beginning of building a vision that will change what health and wellness can look like in our community for generations to come,” said Phyllis Peoples, President and CEO of Terrebonne General Health System. “I am incredibly grateful to every person who has believed in this vision along with us and helped bring us to this momentous ground breaking. Most importantly, I am grateful to this community for the trust you continue to place in Terrebonne General. We never take that trust for granted, and we know exactly who we are building this for.”

One of the Center’s key offerings will be medically directed fitness, providing specialized programs and professional guidance for individuals who may benefit from a more medically integrated approach to exercise and wellness. Backed by Terrebonne General’s healthcare expertise, these programs will complement the Center’s broader fitness, wellness and performance offerings.

As healthcare leaders in our community, Terrebonne General is committed to improving the health and wellness of the people in our region. Our goal is to make a meaningful impact by providing accessible, healthy options and resources that empower individuals to take a proactive role in their health and well-being.

The innovative Center will offer a comprehensive range of services and amenities, including cardio and weight resistance training, group exercise studios, a competition-size swimming pool, indoor and outdoor walking and running tracks, an indoor multipurpose court, and much more. Beyond fitness, the Center will serve as an innovative hub for health, wellness and community connection. It will include rehabilitation and imaging services, clinic space and community education, and a 9,000-square-foot conference and event hall with seating for 400. This significant investment represents a long-term commitment to the health and well-being of our community and is intended to make a lasting impact for generations to come.

Construction is expected to take approximately 18 months to two years, with completion anticipated in mid-2028 and a grand opening to follow.

In advance of the opening, a membership presale is expected to begin approximately six months prior. As part of the presale, the first 500 members who enroll will have the opportunity to secure the best membership pricing offered, with no-risk enrollment. Additional details about membership options and the presale will be announced as the project progresses.

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About Terrebonne General Health System

Terrebonne General Health System is the largest healthcare resource provider in southeast Louisiana that has taken the lead to deliver medical excellence and innovation to the people of Southeast Louisiana. Driven by a "high tech" and "high touch" style of healing that offers an expansive range of services that provide hospital care and preventive care while also providing basic healthcare needs on and offsite. Our highly skilled healthcare team consists of over 1,800 employees, with over 450 medical staff providers that offer 42 various specialties. Our system has been honored with many prestigious awards and accolades for quality, safety, and patient experience on the state, national and international levels. Terrebonne General took the lead to initiate a public/private partnership with Ochsner Health which delivers crucial safety-net services for the region through Chabert Medical Center and is part of an alliance of healthcare-focused entities across the greater Gulf South region. For more information, please visit www.tghealthsystem.com and follow us on Facebook, Twitter, and Instagram.