



Wellness center is a good fit

As part of a larger planned residential town center in northwest Cary, N.C., UNC Hospital commissioned Perkins Eastman to program and design a new wellness and fitness center for use by hospital patients and staff and the community.

A prominent feature of the wellness center is a 38-foot rock-climbing wall and separate 10-foot bouldering wall. The rock-climbing and bouldering walls support UNC's emphasis on preventive health care activities while they serve as the demand for nontraditional means to physical exercise.

The wellness center offers climbing and belaying classes as well as open climbing time for members and guests 4 years and older. The center also hosts regular climbing challenges and theme nights to help specific demographics incorporate rock climbing into their wellness routines.

In addition, groups are allowed to rent the space for parties or events, underscoring the importance of wellness and physical activity.

The facility also houses a variety of fitness areas, including strength training, cardio, elevated running track and a natatorium with a pool, therapy and whirlpool. It also offers treatment facilities for physical therapy and rehabilitation. **HFM**

FACILITY
UNC Hospital
Wellness Center
at Northwest Cary

LOCATION
Cary, N.C.

ARCHITECT
Perkins Eastman

To submit a Last Detail case for consideration, contact Jeff Ferenc at jferenc@healthforum.com.