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## Tennessee Offers Proximity Plus

East Tennessee's Cumberland Plateau is renowned for its rich natural diversity, crisp mountain air, and sparkling highland lakes. For residents of Fairfield Glade, enjoying that wholesome environment means access to superb recreational amenities and a healthcare network that reaches right into the heart of the community.

The Cumberland Medical Center at Fairfield Glade is a unique 37,000-square-foot complex with two on-site health facilities that work together.

The professional staff in the Medical Arts Building offers complete primary-care services and outpatient physical therapy programs. The in-house diagnostic facilities include an ACR-accredited Breast Imaging Center of Excellence with mammography and X-ray services. In the adjoining Wellness Complex, residents have a state-of-the-art fitness center with the latest training equipment, certified instructors for group exercise programs, and an indoor walking track.

There's also an indoor pool at the Wellness Center, where you'll often find 90-year-old resident Gloria Lusk, who teaches water aerobics classes for her Fairfield Glade neighbors. "I try to encourage those who take my class with a little bit of humor," says Lusk with her ever-present smile. "This is beyond a job for me. This is my mission!"

That enthusiastic commitment to better health extends beyond the Fairfield Glade gates to the main Cumber-

land Medical Center (CMC) campus just nine miles away in Crossville. At its heart is a 182-bed acute-care hospital with complete medical, surgical, and post-operative services, plus specialty practices and treatment facilities not often found outside big cities. And the CMC's emergency and intensive-care units connect directly back to Fairfield Glade, which has its own EMS paramedic team and ambulance on-call 24/7 from the community's fire department and security center.

"We're grateful to be part of this growing community,"

says CMC chief administrative officer and president Randy Davis. "Our goal is to provide accessible care and services close to home for residents, and our infrastructure in Fairfield Glade also has significant future growth space."

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Fairfield Glade residents have the opportunity daily to enjoy healthy-lifestyle amenities, including five championship golf courses, 11 recreational lakes, and more than 25 miles of hiking and biking trails on the 12,000-acre property. But it's also a peace-of-mind extra in the Fairfield Glade community to know that professional healthcare services—and vigorous workouts in the pool—are available for everyone right around the corner.

**FairfieldGlade.net**