

Vita

CARE. GROW. ASPIRE.



FAIRGATE COMMUNITY
HEALTH CENTER

THE
YOGA
PLACE

For more information, contact:
Vincent Tufo, chief executive officer
Charter Oak Communities
203/977-1400, ext. 3305
vtufo@CharterOakCommunities.org

Establishing the *Vita Health & Wellness District*

Charter Oak Communities and Stamford Hospital are creating a Health and Wellness District on Stamford's West Side. This new district – called Vita (Latin for "life") – will attract an array of consumer-based health facilities and services along Stillwater Avenue at the doorstep of the redeveloped Stamford Hospital campus. Services and facilities recently completed or under development include:

Fairgate Community Health Center opened the doors to its new West Side location in May 2011. The Center, operated by Optimus Health Care, offers acute, non-urgent primary health care services for low-income, uninsured and underinsured members of the community.

Fairgate Farm, a socially responsible urban farm, was established in July 2011. The Farm has since transformed a once blighted property into a productive agriculture and learning center, providing outreach to Stamford youth and community members, and integrating its efforts with nutritional, obesity-reduction and healthy medicine programs.

Stamford Hospital's Obesity-Prevention Program, in partnership with Kids' Fitness and Nutrition Services (KIDS' FANS), is a community-wide, multi-stakeholder program designed to promote smart eating, physical activity and healthy weight levels for children.

Fairgate, COC's residential community in the midst of the Vita Health and Wellness District, opened last year, Westwood is now open, and Palmer Square will open summer 2012. These "green" communities are providing quality housing opportunities to many individuals who work locally, promoting walking, biking and the use of public transportation.

Other future health-related merchants and facilities, which might include a yoga/Pilates studio, a health food store, fitness and physical therapy centers, as well as private medical/dental or other health care practices.

Charter Oak Communities creates housing that is an asset to the Stamford community, and maintains the integrity of neighborhoods. We are making Stamford a national leader in providing innovative, safe and affordable housing for its working residents and lower-income populations. The **Vita Health & Wellness District** is part of our vision for improving quality of life, enhancing neighborhoods and offering affordable, attractive housing that benefits the entire region.



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STAMFORD HOSPITAL
The Regional Center for Health
Affiliate Columbia University-College of Physicians & Surgeons
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