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Tavistock Announces New Wellness, Medically Integrated Fitness Facility in Lake Nona during Sixth Annual Lake Nona Impact Forum****High Resolution Renderings Available for Download:***

<https://www.dropbox.com/sh/q0gefa20dkdqie7/AADUIABpahC8u09uUzCr63hza?dl=0>

(Lake Nona, Orlando, Fla.); March 2, 2018 -- During the sixth annual [Lake Nona Impact Forum](#) today, Tavistock Development Company announced the creation of an innovative wellness, performance and medically integrated fitness facility in partnership with [Signet, LLC](#). and its subsidiary [Integrated Wellness](#) Partners (IWP).

Situated within [Lake Nona](#), the world's most sophisticated wellness community as noted by the Global Wellness Institute, the new 110,000+-square-foot center will be located across the street from Lake Nona Medical City in the second phase of development of the Lake Nona Town Center, Lake Nona's premier entertainment, dining and shopping district.

The new wellness campus will be one of the most comprehensive in the region, offering a broad array of health and wellbeing programs and services for the entire community, for Lake Nona residents, families, employees, recreational fitness and sports enthusiasts, as well as elite athletes. Memberships will be available, though rates have not yet been established.

The facility will take a personalized approach to each member. The staffing model, intake process and the technology provided to each member is a tailored plan, which is updated in real time and based on the member results.

"The creation of this world-class facility in Lake Nona is yet another example of how we are building out one of the most unique and comprehensive wellness communities in the country," said Gloria Caulfield, executive director of the Lake Nona Institute. "This best-in-class collaboration with Signet and IWP will create an incredible regional asset, offering world-class programs and services across the entire spectrum of health and wellbeing. No matter where you are on your personal wellbeing journey, this new campus will offer something to help get you to that next step."

Jim Ellis, managing director of IWP, describes the Lake Nona wellness center as the next evolution in health and wellness—with a community-based, scientific and medically integrated approach to combat deteriorating health and skyrocketing costs of health care.

"The only solution to overcoming the national health care crisis is prevention, that comes ultimately through lifestyle change," said Ellis. "The overwhelming evidence shows that we

need to deliver impactful solutions that create community environments where, increasingly, the default choices for individuals, families and employees are healthy choices. The Lake Nona wellness center delivers on the vision and promise made by Tavistock to the entire Lake Nona community to offer its membership a healthy, happy lifestyle. This will then have a ripple effect on not only the Lake Nona community but many others for years to come as Lake Nona becomes a health and wellness flagship model for the country and around the world.”

The Lake Nona wellness center will offer a medically-based fitness center, sports performance training center, physician offices, community education spaces, and community-based programming, which extends well beyond the walls of the brick and mortar facility. Its programming and features are designed to create and nurture an “ecosystem of wellness” that encompasses individuals, families, businesses and institutions, all supported by the medically-integrated health and wellness center platform, which serves as the hub for the model.

The facility will seamlessly integrate state-of-the-art physical resources, experts in preventive health, wellness and medicine, as well as a commitment to advancing the understanding of the science around health and wellness promotion, offering the Lake Nona community:

- Health and fitness opportunities for all ages and levels of fitness
- A Sport Performance Institute geared toward improving athletic performance for all ages and abilities
- Medical services and educational programming offered by clinical and wellness partners based in the facility, creating employee wellness programming, sports performance training, and other onsite activities that create a “bridge” to the facility

The fitness center will also feature first-class equipment and on-demand fitness by Lake Nona partner [Technogym](#), who aligned with Lake Nona to create the first seamlessly connected fitness ecosystem in the U.S. Physical amenities of the new wellness center will include:

- Childcare facilities with outdoor play
- Daylighted public concourse
- Indoor/Outdoor Demonstration Kitchen
- Indoor Climbing Wall
- Indoor and Outdoor Pools
- Outdoor classroom
- Outdoor training turf
- Sports Performance area with 40 Yard Sprint Track
- Wellness Plaza
- Zen Garden

The Lake Nona wellness center will be located within the Lake Nona Town Center, a 100-acre anchor and regional destination for the large-scale, master-designed Lake Nona community and the greater Orlando region. At full build out, the Town Center will feature more than 4 million

square feet. Its first phase opened in January 2016 with an 85,000-square-foot office building, two award-winning hotels (a Marriott Residence Inn and Courtyard by Marriott), 16,000 square feet of retail and restaurant space and a multi-level parking structure. The five-story, central parking structure features two visual and interactive landmarks, the six-story Beacon and the Code Wall.

Lake Nona is one of the fastest growing communities in the nation with a thriving health and life sciences cluster, and sports and performance district that serves as home of the USTA National Campus, the world's largest tennis facility and KPMG's new training and innovation facility.

ABOUT LAKE NONA

Orlando's Lake Nona is one of the fastest-growing communities in America with more than 10 million square feet of world-class residential and commercial facilities. Adjacent to Orlando International Airport, the large-scale, master-designed community is home to thoughtfully designed neighborhoods, world-class education facilities, a Health & Life Sciences Cluster, a Sports & Performance District highlighted by USTA's New Home of American Tennis – the largest tennis facility in the world, diverse work spaces, recreational facilities, retail centers, and entertainment venues encompassing the best Orlando has to offer with all the conveniences of a dynamic, vibrant community. Driven by a long-term vision, Lake Nona is committed to building an innovative community that inspires human potential whilst being focused on sustainable design, healthy living, and groundbreaking gigabit fiber optic technology. A smart and connected community, Lake Nona is wired for the future, providing a no-limits foundation for individuals and companies to thrive. For more information, visit www.lakenona.com

ABOUT TAVISTOCK DEVELOPMENT CO.

Tavistock Development Company is a diversified real estate firm owned by Tavistock Group specializing in planning, design, finance, construction and development of groundbreaking projects. Tavistock Development Company's real estate portfolio is highlighted by the 17-square-mile, master-planned community Lake Nona in Orlando, Florida, as well as The Green at Lakewood Ranch, Pier Sixty-Six Hotel and Marina, Sunbridge and The Grove in Windermere. For more information, visit www.tavistockdevelopment.com

ABOUT INTEGRATED WELLNESS PARTNERS

Integrated Wellness Partners (IWP) is the leading provider of comprehensive health and wellness services, offering creative solutions for your development, finance, and health and wellness center management challenges. With decades of experience and national accolades operating and managing health and wellness facilities across the country, the IWP team offers collective expertise and intellectual capital to the national health and wellness marketplace. For more information, visit www.Integrated-Wellness-Partners.com

ABOUT SIGNET, LLC

Signet brings an innovative, unconventional approach to global investment that embodies creativity and forward thinking to achieve long-term success. With leadership and expertise in the areas of project structuring, capital formation, operational investment and management, we tailor strategy and resources to meet each unique opportunity. Boundless in ideas and tactics, Signet has spent 20+ years crafting collaborative partnerships that advance initiatives in real estate, diversified manufacturing, health and wellness, emerging technologies, investment banking and finance. For more information, visit www.signetllc.com.