

The “Medical City” Continues to Focus on Health and Wellness

By Don Long, Lake Nona Regional Chamber of Commerce



More than 10 years ago Lake Nona began to build its reputation as the Medical City. Starting with UCF’s College of Medicine and growing to embrace numerous organizations now including Nemours Children’s Hospital, Orlando VA Medical Center, Johnson & Johnson Human Performance Institute, UCF Lake Nona Hospital, UCF Cancer Center, Lake Nona Performance Center and so much more, the combined influence of these health and wellness influencers continues to bring area residents plentiful choices for not only healthcare but also methods to maintain their fitness for improved performance.

As the Medical City of Lake Nona continues to grow, it influences the entire region by bringing together education, treatment and research institutions that can now meet and work together to find solutions for effective illness treatments and progressive technological procedures while also providing preventive options for patients.

The Lake Nona Regional Chamber of Commerce (LNRCC) specifically focuses on bringing the benefits of the area to its members. LNRCC created a Health Committee to help guide these efforts. Kristine Ford, Senior Nurse Manager of AdventHealth Lake Nona ER, leads the committee and offers to other health providers

the opportunity to host one of LNRCC’s quarterly Health Collaborative Seminars. To join the committee, Ford recommends sending an email to Kristine.Ford@AdventHealth.com. The LNRCC Health Committee supports the entire health and wellness community of Lake Nona. All these institutions affiliated with LNRCC are found at the chamber website member directory page.

Among other recent developments in the Medical City is the Department of Veterans Affairs Medical Simulation Center for Excellence to open soon at the Orlando VA Medical Center in Lake Nona. This center will focus on using simulation to improve the care of veterans throughout the country. Add to this the advances in children’s care afforded by Nemours, research conducted at the UCF Cancer Center, start-up health and wellness businesses hosted by the GuideWell Innovation Center and the UCF Life Sciences Incubator, Lake Nona continues to set the pace as a leader in medical and wellness innovation.

Part of the innovation movement, UCF Lake Nona Hospital opened in March 2021. According to the hospital’s Communication Director, Jean Shawgo, the hospital was, “recently named the inaugural site for HCA Healthcare Care Transformation & Innovation, a team focused on innovations designed to solve health-

care challenges facing care professionals worldwide. Known globally as the largest healthcare network, HCA Healthcare identifies advancements in care occurring at UCF Lake Nona Hospital to lead the transformation of healthcare delivery.”

Because of these and many other innovative accomplishments, the Medical City attracts not only residents searching for modern healthy lifestyles but also the entrepreneurs and providers of services allowing varieties of methods and services that enhance the attractiveness of the area.

Lake Nona is known as a community centered on wellness of the mind and body. With plentiful avenues for safe outdoor recreation along with ease of movement and access it sets the regional example of a community designed for healthy lifestyles. To find out more about the exciting developments in the Medical City and how you might benefit, visit the LNRCC website at www.LakeNonaCC.org. ■

LNRCC is a membership not-for-profit organization with offices in Lake Nona at 6555 Sanger Rd, Orlando, FL 32827. It is not affiliated with, or sponsored by, Lake Nona Property Holdings, LLC, or its affiliated entities. Comments or requests for information are encouraged at Administration@LakeNonaCC.org.