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## Truesdale of Cummings Properties leases 2,400 s/f to Empower PT

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Shown (from left) are: Wakefield Area Chamber of Commerce executive director John Smolinsky, Empower Physical Therapy and Performance owner Dr. Haley Harrison, and Massachusetts representative Donald Wong.

Wakefield, MA Empower Physical Therapy and Performance has expanded from Somerville. The 2,400 s/f facility opened earlier this month in the growing healthcare cluster at Cummings Properties' Audubon Rd. campus.

Cummings senior leasing director Mike Truesdale worked with Stephan Zelich, of Focus Healthcare Realty, on the lease. According to Truesdale, Wakefield's centrality within the northern suburbs was a big draw for Dr. Harrison.

"Locating at 50 Audubon Rd. provides Haley and her team with the highway accessibility they desire for their expanding client-base," said Truesdale.

"Just down the road from both routes I-93 and I-95, the ground-floor facility also offers staircase-free convenience for people seeking treatment for knee and hip pain."

Founded by Dr. Haley Harrison in 2019, Empower delivers tailored rehab plans designed to optimize performance and overall wellness in active individuals. The team consists of three former competitive athletes, including two board-certified orthopedic physical therapy specialists and a certified personal trainer.

Cummings' in-house design and construction capabilities were also a selling point for Empower, noted Truesdale. "Haley worked closely with our architects and space planners to design the space according to her vision and its specific use," he said.

Empower's new neighbors on Audubon Rd. include fellow wellness providers New England Women's Healthcare, Communitas, Tender Loving Care, and VCA Animal Hospitals.

Located on the Wakefield / Lynnfield line, the Audubon Road campus offers numerous conveniences, including an on-site daycare facility, ready highway access, and close proximity to the shops and eateries at MarketStreet Lynnfield. Empower also operates a satellite clinic on Tufts Street, in Somerville.

Cummings Properties' 11 million square feet of commercial real estate accommodates labs and clean rooms, offices, healthcare facilities, restaurants, retail storefronts, warehouses, executive suites, and more. With a portfolio of this size and variety, the firm can meet virtually any commercial real estate need. Its in-house experts in design, construction, and property management offer "one-stop shopping" for the business community.

Empower Physical Therapy and Performance strives to provide goal-oriented, individualized care. The team combines its knowledge of the human movement system with backgrounds in fitness and strength and conditioning to deliver whole-person care designed to optimize performance and overall wellbeing.