

**Case File No. 15-0027**

Blaine Planning Department / 10801 Town Square Dr NE / Blaine, MN 55449 / (763) 785-6180

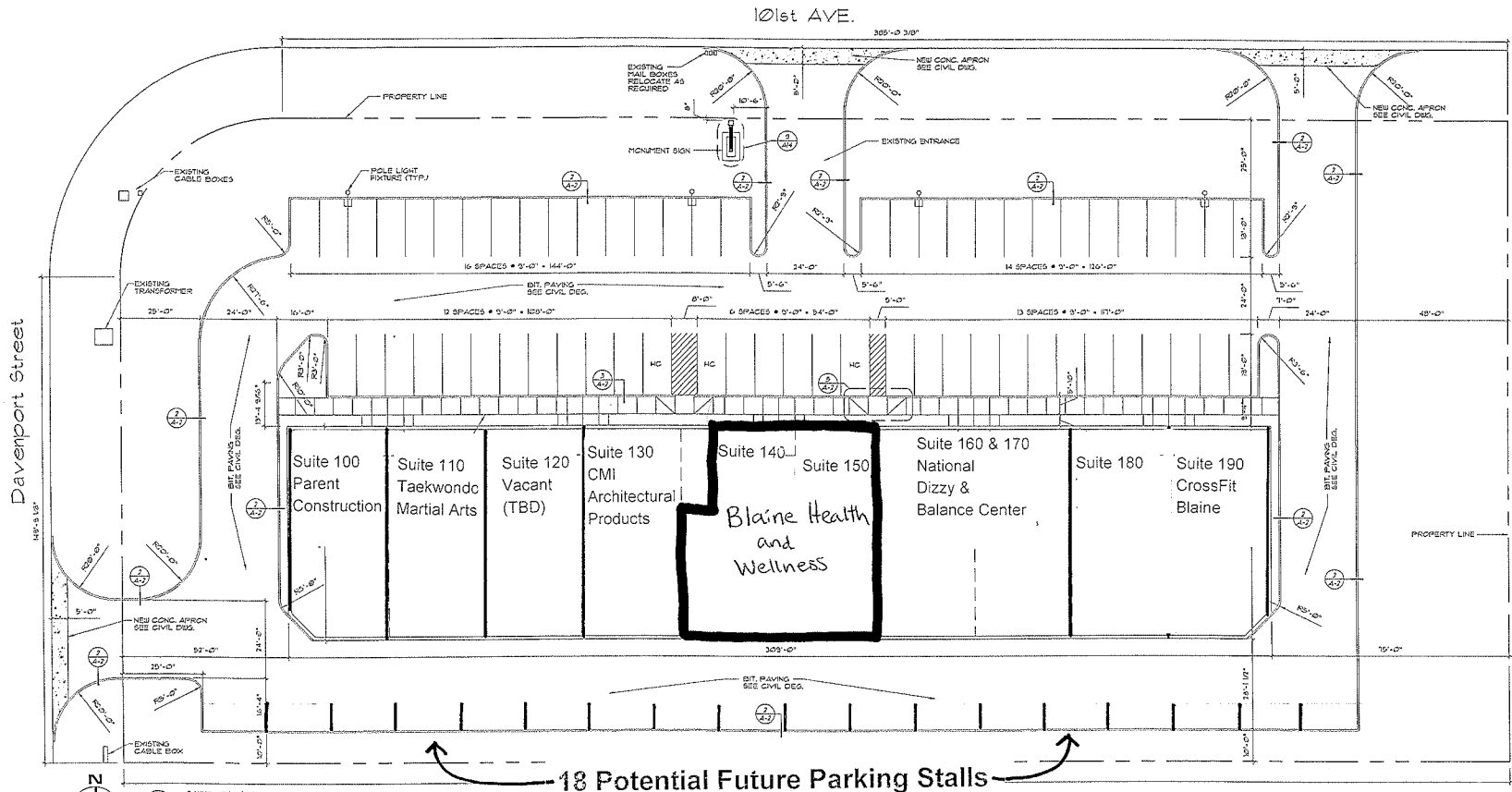


Rosa  
Architectural  
Group  
Inc.

1084 Sterling Street  
St. Paul, Minnesota 55119  
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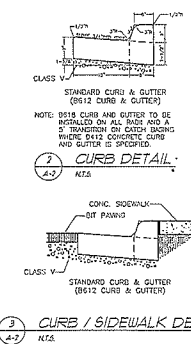
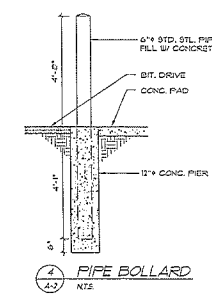
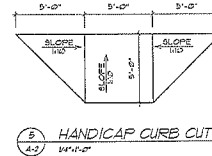
COLONY POINT  
NORTH

1630 101 AVE NE  
BLAINE, MN



**CONTINENTAL BUSINESS CENTER**  
1630 101<sup>st</sup> Avenue NE  
Blaine, MN 55449

Building Owner:  
**Continental Plaza, LLC**  
11806 Aberdeen Street NE  
Suite 290  
Blaine, MN 55449  
Charles S. Cook, President



I HEREBY CERTIFY THAT THIS PLAN, SPECIFICATION OR REPORT WAS PREPARED BY ME OR UNDER MY CLOSE SUPERVISION AND THAT I AM A duly LICENSED ENGINEER UNDER THE LAWS OF THE STATE OF MINNESOTA.

DATE: \_\_\_\_\_ REG. NO. \_\_\_\_\_  
SIGNED: \_\_\_\_\_

I HEREBY CERTIFY THAT THIS PLAN, SPECIFICATION OR REPORT WAS PREPARED BY ME OR UNDER MY CLOSE SUPERVISION AND THAT I AM A duly LICENSED ARCHITECT UNDER THE LAWS OF THE STATE OF MINNESOTA.

DATE: 2/2/06 REG. NO. 18039  
DRAWN BY: Rosa Rosa

PROJECT NUMBER: 20526  
DATE: FEB. 2, 2006  
DRAWN BY: K. FACTOR  
CHECKED BY: R. ROSA  
REVISIONS: 7/28/06

SITE PLAN & DETAILS

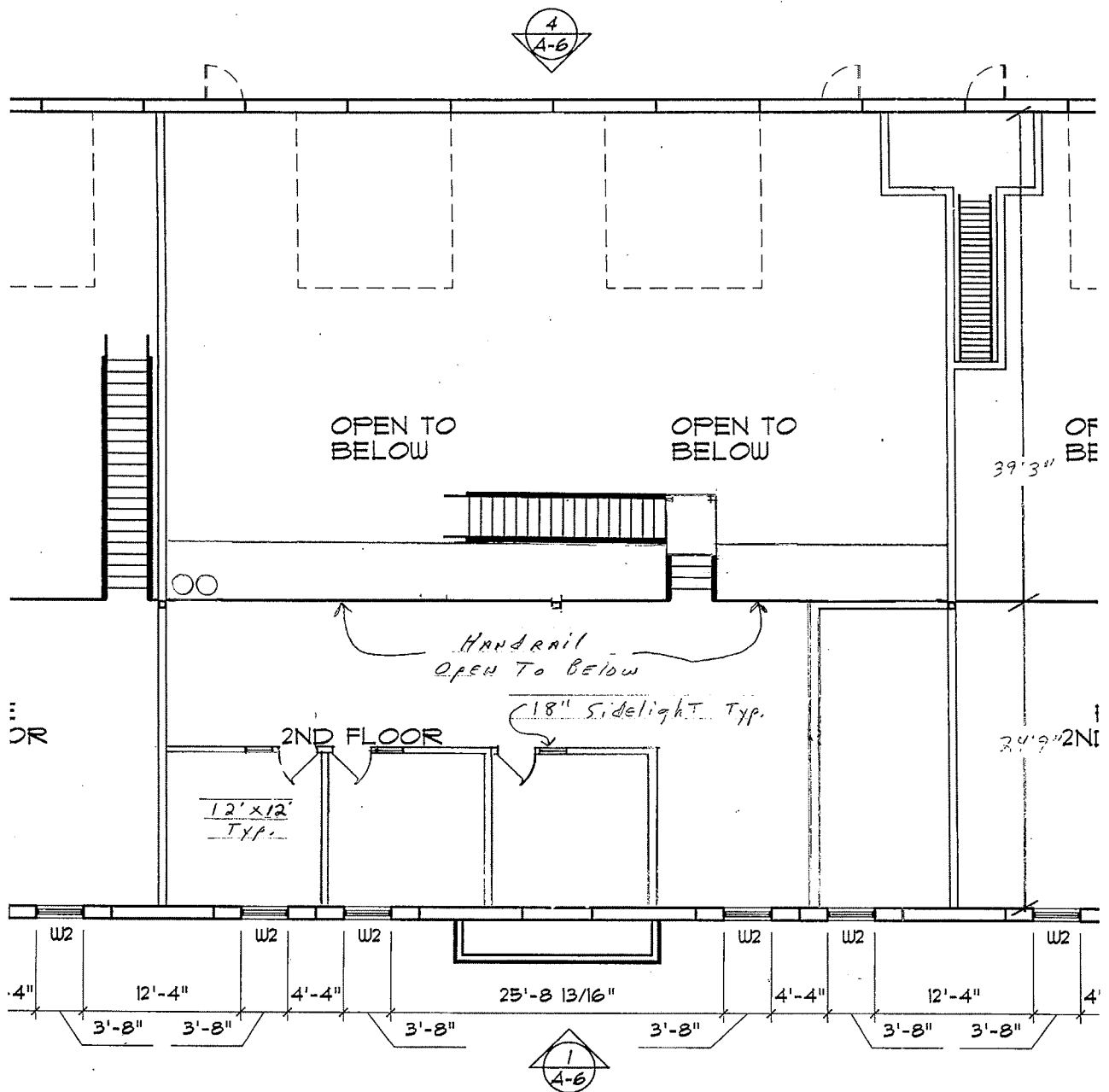
**A-2**



MEZZANINE

Scale 1/8" = 1'

Revised 4-23-15



## Continental Business Center Parking Calculations revised 4-21-2015

Unit	Suite	Tenant Name	Standard Parking required per zoning code	Actual Required Daytime Peak Parking	Actual Required Off-Peak Evening and Weekend Parking
1	100	Parent Builders Inc	6.1	4	4
2	110	Taekwondo Martial Arts	6.1	2	20
3	120	To Be Determined	6.1	6.1	6.1
4	130	CMI Architectural Products	6.1	7	0
5	140	Blaine Health and Wellness (Chiropractic clinic)	6.1	7	7
6	150	Blaine Health and Wellness (Chiropractic clinic)	6.1	See Suite 140 above	See Suite 140 above
7	160	National Dizzy & Balance Center	6.1	10	0
8	170	National Dizzy & Balance Center	6.1	See Suite 160 above	See Suite 160 above
9	180	CrossFit Blaine Expanded space	6.1	4	9
10	190	CrossFit Blaine Existing space	6.1	12	15
Total Parking Spaces Required			61.00	52.10	61.10
Total Parking Spaces Provided			61	61	61
Additional Potential Parking Spaces Available if required			18	18	18
Total Potential Parking Spaces Available			79	79	79
Total Potential Remaining Unused Parking Spaces Available			18.00	26.90	17.90

61 parking stalls were required and provided per the zoning code which provides 6.1 stalls per suite (there are 10 suites)

Taekwondo Martial Arts will require up to 20 stalls during the evening (off-peak use), which should have no impact on the daytime parking requirements based on their evening class schedule. The building owner agrees to work with tenant use to manage class schedule should future parking issues arise.

CrossFits existing use in suite 190 requires up to 12 stalls during daytime (peak daytime use). CrossFits existing use also requires up to 12-15 stalls in the evening (off-peak use). Expanding CrossFits premises to include suite 180 will expand their class sizes and will result in the addition of up to an additional 4 stalls during the daytime (peak daytime use) and up to an additional 9 stalls during the evening (off-peak use). The building owner agrees to work with tenant use to manage class schedule should future parking issues arise.

Blaine Health and Wellness (Chiropractic clinic) normal business hours will be from 8:00 am to 6:00pm Monday thru Friday. They will employ up to 4 staff members and have up to 3 patients on site at any point during these hours for a total parking stall demand of 7 spaces.

There is potential to add up to 18 additional parking spaces located on the site by adding additional striping on existing pavement as shown on the accompanying site plan. Adding the 61 existing parking stalls and the 18 potential future parking stalls, there is a potential for 79 total parking stalls. The above schedule shows a maximum actual parking demand of 64 parking stalls in the unlikely event all tenants are at peak demand at the same time. If actual parking demand exceeds the existing parking capacity, the building owner agrees to add the additional parking as required.

## ***Blaine Health and Wellness***

***Blaine Health and Wellness'*** mission is to provide the people of ***Blaine*** and surrounding areas a service that will help patients achieve and maintain their highest potential for health. Chiropractic health care focuses primarily on spinal function and its relationship to the nervous system and overall health. The science of chiropractic is based on the premise that good health depends, in part, on a normally functioning nervous system. Chiropractic principle emphasizes that the body is a self-regulating, self-healing organism, and that body function is controlled and coordinated by the brain, spinal cord, and the nerves that branch throughout the body. The chiropractic approach to better health is to locate and remove spinal dysfunction and nerve interference, returning the body to its natural state of health and wellness. ***Blaine Health and Wellness*** will promote chiropractic education to the public as well as provide quality chiropractic care, (*physiotherapy modalities and rehabilitation*) - future additional services may consist of *massage therapy and nutrition counseling*.

The following business plan illustrates our future financial goals and abilities for debt service.

### **Executive Summary**

#### **Type of Business**

***Blaine Health and Wellness*** is a start-up business that will provide chiropractic care combined with physical therapy to the people of Blaine and surrounding areas.

#### **Company Summary**

***Blaine Health and Wellness*** will be established as a *Sub S Corporation under Lund Health Incorporated* to maximize liability protection of the shareholders' personal assets and minimize income taxes. ***Blaine Health and Wellness*** has acquired all the necessary licenses and permits needed to operate a chiropractic clinic.

As a new business, it is expected ***Blaine Health and Wellness*** will satisfy the nationally increasing demand for chiropractic health care services. ***Blaine Health and Wellness*** will provide the following primary chiropractic health care services; chiropractic adjustments, physiotherapy modalities, rehabilitation, radiological examinations, physical examinations, and patient education.

***Blaine Health and Wellness*** is a new independent business that will be profitable for several reasons. Currently, alternative health care is the fastest growing form of health care in the United States. Chiropractic is receiving greater acceptance every day through education and research. Numerous independent research studies demonstrate the effectiveness and economic benefit of chiropractic care. This is creating a greater public awareness and utilization of chiropractic services nationwide. Chiropractic care combined with physical therapy has shown great results from a study done by Hopkins Health and Wellness Center with the help from Center of Diagnostic Imaging (CDI). The first DMR Method study was completed in 2010 with the following results: 100 percent of patients reported a significant decrease in symptoms and

restored ability to perform daily activities without pain. On average, their degree of function increased by 50 percent. 100 percent of patients who presented within eight weeks of occurrence had a decrease in the size of their disc herniations. On average, their disc herniations decreased by 52.5 percent, which means that the herniated disc was no longer pressing and irritating their nerves. This dramatic improvement was also exhibited by a 67.9 percent increase in their ability to perform daily activities without pain. 100 percent of patients who came in for treatment after having symptoms ranging from nine weeks to ten years saw a decrease in pain and an improved ability to perform daily activities. On average, these patients experienced a 45.2 percent increase in function. The MRIs also showed that 26.7 percent of these patients experienced a decrease in the size of their disc herniations. Overall, 96.4 percent of the patients we accepted for the DMR Method attained complete or significant relief of symptoms, regained the ability to perform daily activities and completely avoided surgery.

The goal of the doctor of *Blaine Health and Wellness* is to operate a successful chiropractic health and wellness center by providing the community with quality chiropractic and physical therapy care.

*Blaine Health and Wellness* will be open for business Monday through Friday from 8 a.m. to 6 p.m. As an additional service to our patients *Blaine Health and Wellness*, will offer services by appointment outside, regularly scheduled hours. To capitalize on all new patient opportunities, *Blaine Health and Wellness* will have the office phones attended during all business hours. The use of cell forwarding or an answering service will be used if necessary.

The doctor of *Blaine Health and Wellness* is a graduate of Northwestern Health Science University in April 2009. Northwestern, is accredited by the Commission on Accreditation, of the Council on Chiropractic Education. The Doctor of Chiropractic degree required 90 or more semester credit units prior to starting the program and the core curriculum requires over 4,400 hours of classroom instruction and clinical experience, including an internship. The purpose of the Doctor of Chiropractic degree is to provide the doctor with a core of knowledge in the basic and clinical sciences and related health subjects sufficient to perform the professional obligations of a primary care physician.

It is anticipated that as a result of formal education and training, enhanced by association with qualified consultants in the chiropractic profession and the field of business, *Blaine Health and Wellness* will quickly obtain its share of the marketplace.

Thank you for your time,  
D. B. [Signature] D.C.