

HealthSpan Center opens in Louisville, offers 'hands-on' support



Caroline Neal
Louisville Courier Journal

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VO2 Max testing room at HealthSpan Center adjacent to Medical Transformation Center. *Michael Clevenger/Courier Journal*

The owners of [Medical Transformation Center](#) in east Jefferson County opened a new facility next door that provides “hands-on” support to patients and clients.

Construction on [HealthSpan Center](#), located at 13109 Eastpoint Park Blvd., began in December 2025, with the new facility opening March 25. The 4,200-square-foot facility is the “next step” in the company’s efforts to “transform health,” according to a news release.

“At HealthSpan Center we’re not just going to tell you what to do, we are going to walk with you while you do it,” HealthSpan Center and Medical Transformation Center CEO Terri Paige said. “True health transformation requires more than knowledge. It requires support, structure, execution, and partnership. That’s what we provide.”

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Clients can find diagnostic and benchmarking equipment and a full-spectrum infrared sauna with red light therapy. There will be guided nutritional counseling and nutrition classes, along with structured conditioning plans and personal training. HealthSpan Center will also host workshops on mental resilience, stress management and mindset.



Detox and recovery suite at HealthSpan Center adjacent to Medical Transformation Center. March 25, 2026 *Michael Clevenger/Courier Journal*

Paige founded [Medical Transformation Center](#) with her husband, Dr. Carl Paige, and said their background in medicine has influenced how the center operates. It's focused on helping a person's cells "become more adaptable and resilient" through different medical tools. The Medical Transformation Center sees patients of all ages, who Paige said are typically struggling with a medical "mystery," managing diagnoses or wanting to improve their overall health.

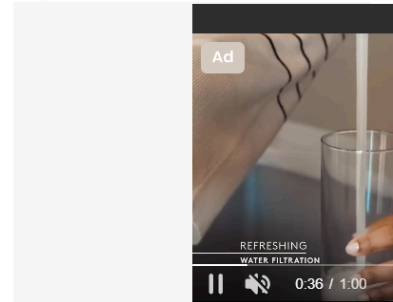
"We haven't thrown away those traditional tools. ... That's why we have MDs on our team. Our MDs are fully trained, know what to do, could absolutely use traditional interventions — and sometimes they're the right answer."

While the Medical Transformation Center informs patients how to improve their health, the new center, which is a non-medical facility, will help clients implement those steps. Though there will be some overlap with the Medical Transformation Center employees, HealthSpan will have its own staff dedicated to providing the offered services.

For Paige, seeing patients improve and the impact it has on their families is "always most exciting." HealthSpan Center allows the group to continue that effort, as people who are not Medical Transformation Center patients can be clients at the new facility.

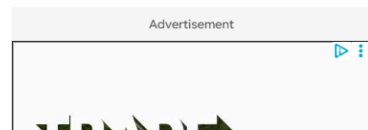


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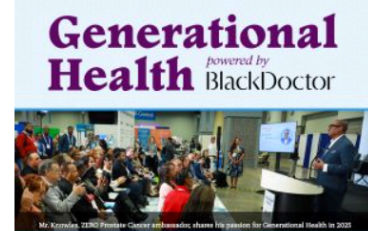


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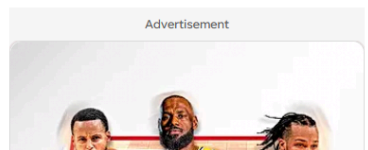
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Brian Eichenberger and Terri Paige with Medical Transformation Center and HealthSpan Center. March 25, 2026. Terri is the CEO and co-founder. Brian is Director of Marketing *Michael Clevenger/Courier Journal*

Paige said the group decided to open the new center after seeing “such a need for clarity” on ways to improve lifestyle and, consequently, health span that were backed by data.


The services allow the group to “expand (their) toolbox” after growing out of a traditional medical field and consider other “research and evidence-based information” that has “just maybe not made it into the mainstream.”

“That’s what we do from a cellular medicine perspective,” Paige said. “We pull all those things in, informed from a medical perspective, and help that person function at their best.”



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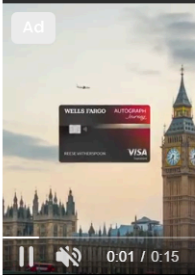


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