

Saint Thomas West

4230 Harding Rd | Nashville, TN | 37205

MEDICAL OFFICE SPACE FOR LEASE



Building owned and managed by
HEALTHCARE REALTY



LEASING INFORMATION

Allen Bolden, CCIM, SIOR
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WELCOME TO SAINT THOMAS WEST

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Ascension Saint Thomas Hospital West is a 541 bed emergency and critical care hospital with advanced specialty care services. Part of the world's largest Catholic health system which includes 9 hospitals and physician practices across Tennessee, AA+ rated Ascension Health is the leading faith-based healthcare system in Tennessee. Directly connected to the hospital, Plaza West, Plaza East, and Heart Institute are multi-tenant medical office buildings owned and managed by Healthcare Realty (NYSE: HR).



Key Tenants



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CONNECTED AND CONVENIENT CARE

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Ascension Saint Thomas Plaza West: 67,085 SF (6 floors)



Ascension Saint Thomas Plaza East: 247,228 SF (10 floors) / Heart Institute: 77,105 SF (3 floors)

Property Highlights



**+/- 391,418
TOTAL SF**

- Medical office availability
- (8) OR ambulatory surgery center and imaging services with multiple hospital access points
- \$6.3M in capital expenditures since 2015



**CONVENIENT
ONSITE CARE**

- Convenient, covered patient drop-off and pickup
- (3) dedicated parking areas for patients, staff, and physicians, including free valet
- Onsite lab, pharmacy, restaurants, and Starbucks
- Spacious, newly renovated outdoor areas



**ACCESS TO
AREA AMENITIES**

- Well-located in the heart of Nashville with convenient access to I-440
- Within 15 minutes of Downtown Nashville, entertainment, and retail
- More than 20 restaurants in a 1 mile radius

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DELIVERING A SPECIALIZED PATIENT EXPERIENCE

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PREMIER HEALTHCARE IN NASHVILLE

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NEARBY MEDICAL & AMENITIES

Dining & Retail
2 minutes - 0.3 miles

St Thomas Hospital Midtown
13 minutes - 3.5 miles

TriStar Centennial Medical Center
12 minutes - 3.4 miles

Vanderbilt University
11 minutes - 2.8 miles

Vanderbilt University Medical Center
14 minutes - 3.7 miles

Nashville (Downtown)
15 minutes - 6.5 miles



TRAFFIC COUNTS

Harding Rd
Woodmont Blvd

CARS PER DAY

36,062
32,259

2025 NASHVILLE WEST DEMOGRAPHICS

Population
2030 Population Projection
Total Households
Average HH Income

1 MILES

8,132
8,128
4,332
\$191,329

3 MILES

93,691
97,421
41,379
\$172,538

5 MILES

199,441
224,996
91,762
\$155,550

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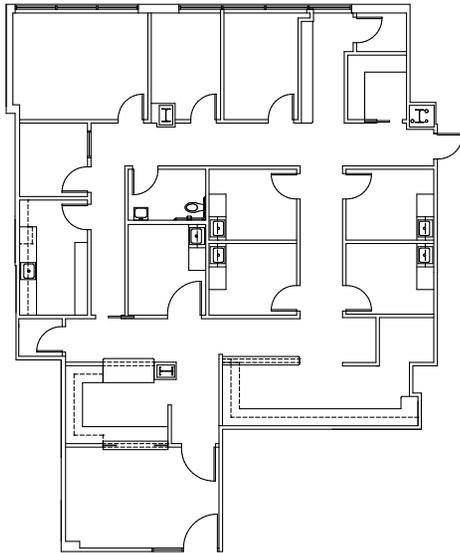
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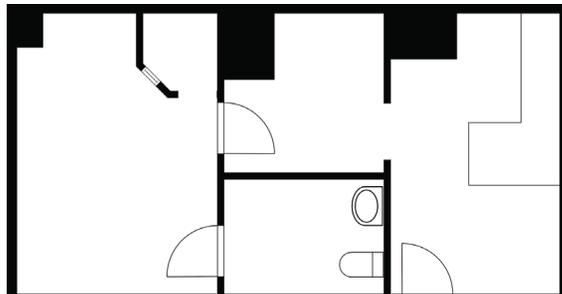
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Available Suites



HEART INSTITUTE: SUITE 430 | 2,866 SF

- Inviting reception area and waiting room
- (5) exam rooms and (5) offices
- (1) private restroom
- Large nurses' station
- Staff Breakroom



HEART INSTITUTE: SUITE 440 | 448 SF

- Flexible Small Imaging Suite: Ideal for imaging, diagnostic, or light clinical use.
- Welcoming waiting/reception area and an ensuite restroom for patient or staff convenience.
- Can easily be adapted for general office, clinical, or specialty medical use.
- Perfect for a smaller practice or specialty provider seeking a functional layout.

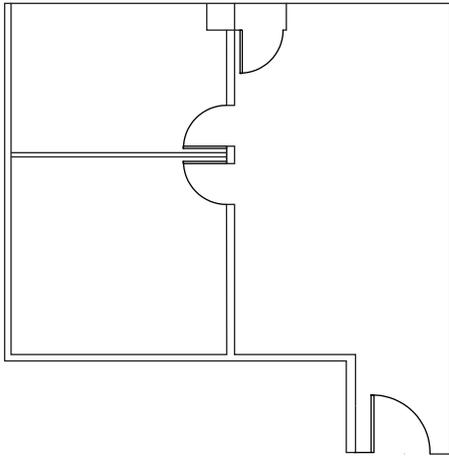
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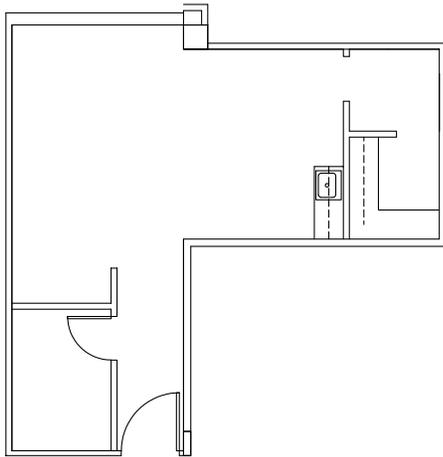
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Available Suites



PLAZA WEST: SUITE G7 | 812 SF

- Ideal single or multi-provider suite
- (2) Large office spaces
- Floorplan able to be customized as-needed
- Close proximity to common area restrooms
- Can be combined with Suite G14 for an additional 721 sqft



PLAZA WEST: SUITE G14 | 721 SF

- Ideal single or multi-provider suite
- (1) Large storage closet
- Floorplan able to be customized as-needed
- Close proximity to common area restrooms
- Can be combined with Suite G7 for an additional 812 sqft

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Available Suites



PLAZA WEST: SUITE 302 | 5,894 SF

- Newly renovated 3rd floor space
- Ideal multi-provider suite, able to be modified as-needed
- Large window-lined suite boasting bright, natural lighting
- (13) Exam Rooms, (7) Offices, and (2) Variable Use Spaces
- Large patient waiting area, (2) check-in/check-out reception areas
- Administrative Work Space
- (1) staff breakroom, (1) Large Nurse's Station
- (3) Storage Closets, (1) IT Closet



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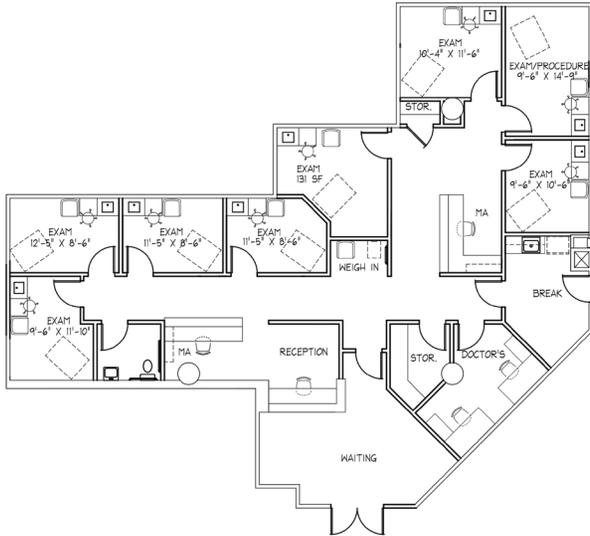
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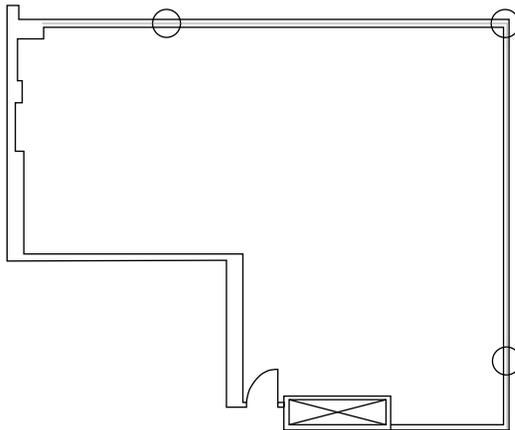
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Available Suites



PLAZA EAST: SUITE 218 | 2,629 SF

- Brand new spec suite delivered Q1 2025
- (8) exam rooms and (1) spacious doctor's office
- Large reception area and break room
- (1) private restroom
- Close proximity to elevators



PLAZA EAST: SUITE 221 | 1,373 SF

- Fully customizable space plan
- Warm vanilla shell space
- Close proximity to elevators

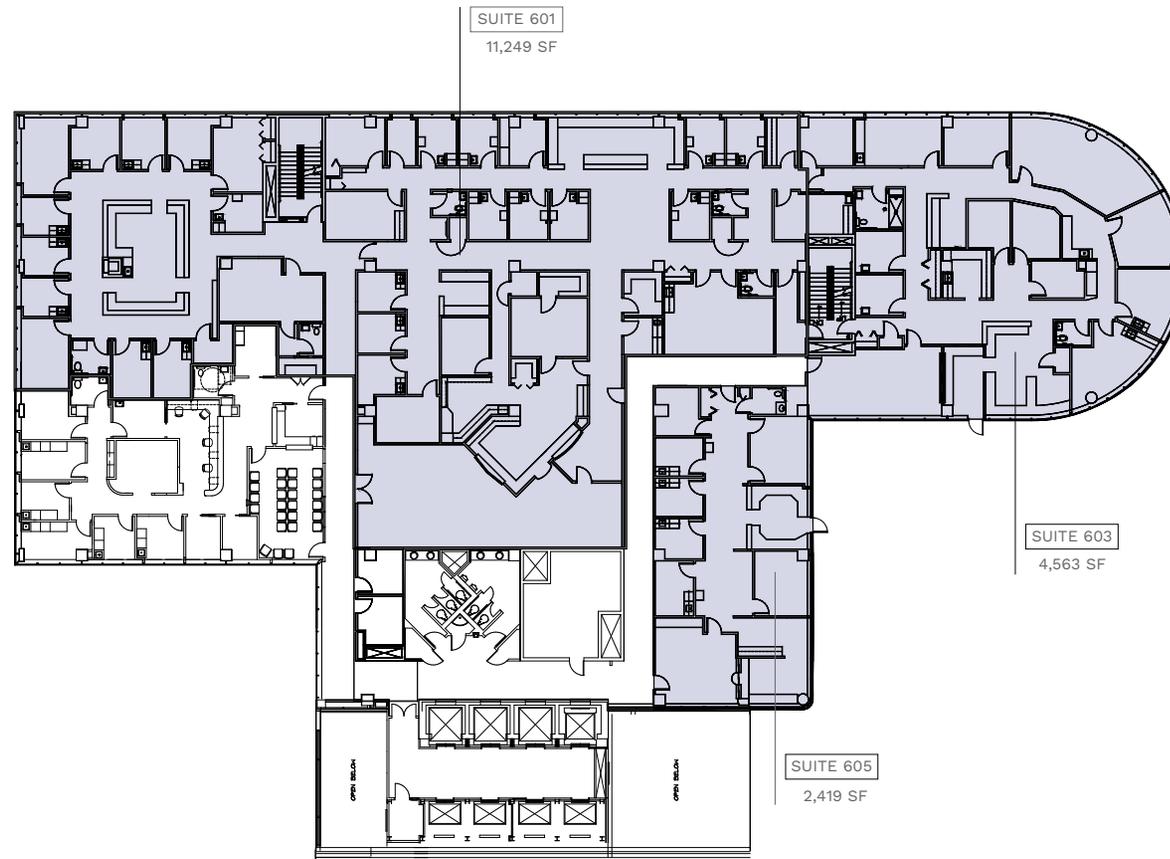
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Available Suites (Plaza East 6th Floor - 18,231 SF)



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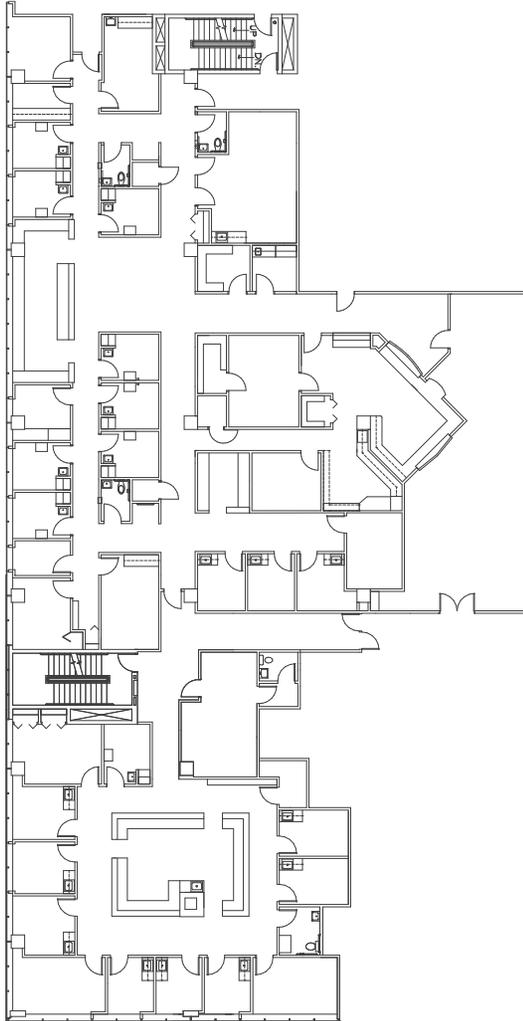
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Available Suites



PLAZA EAST: SUITE 601 | 11,249 SF

- Multi-physician suite with excellent views
- Modifiable floorplan adjusts to suit desired practice size
- Inviting reception area
- (23) exam rooms and (5) offices
- (5) private restrooms
- (2) large nurses stations and (2) breakrooms
- Multiple procedure and storage rooms



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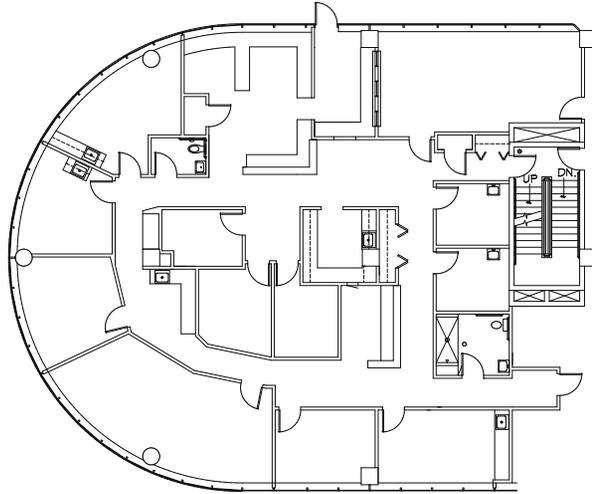
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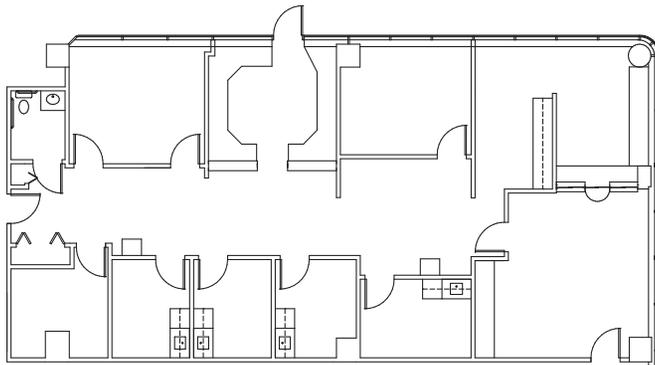
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Available Suites



PLAZA EAST: SUITE 603 | 4,563 SF

- Spacious suite with panoramic views
- Inviting reception area
- (5) exam rooms and (2) large offices
- (2) laboratory areas and (2) procedure rooms
- (2) private restrooms
- Large nurses' station and conference room
- Multiple storage closets



PLAZA EAST: SUITE 605 | 2,419 SF

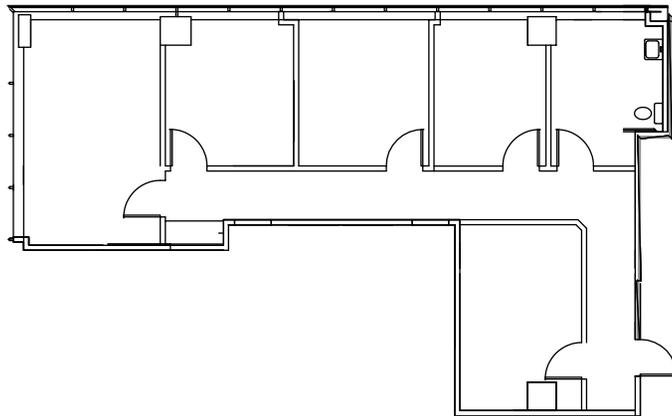
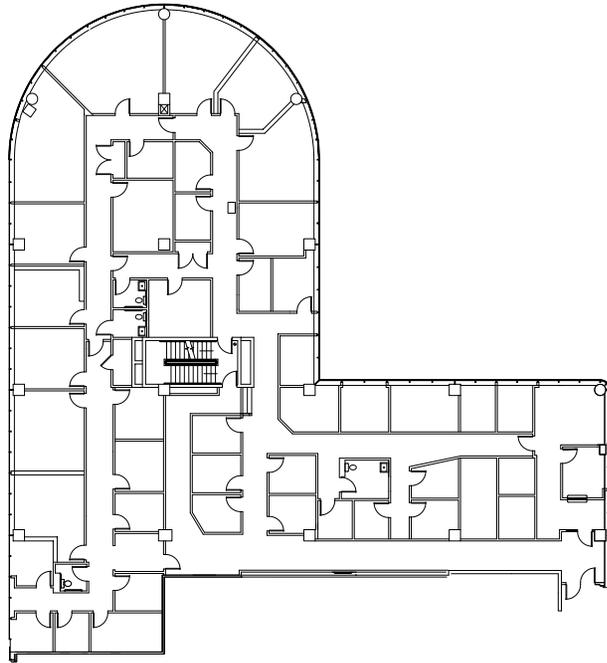
- Reception area and waiting room
- (4) exam rooms and (3) offices
- (1) private restroom
- Large nurses' station
- Storage closet

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PLAZA EAST: SUITE 707 | 9,817 SF

- Former behavioral health suite
- Spacious 7th floor multi-provider suite with panoramic views
- Fully customizable floorplan, able to be modified as-needed
- Multiple private provider offices and group therapy rooms
- Kitchen, Breakroom, and conference rooms
- (4) private restrooms

PLAZA EAST: SUITE 709 | 1,382 SF

- General office space with medical office conversion option
- Window-lined 7th floor suite
- (4) private office spaces
- (1) conference room
- Administrative work space



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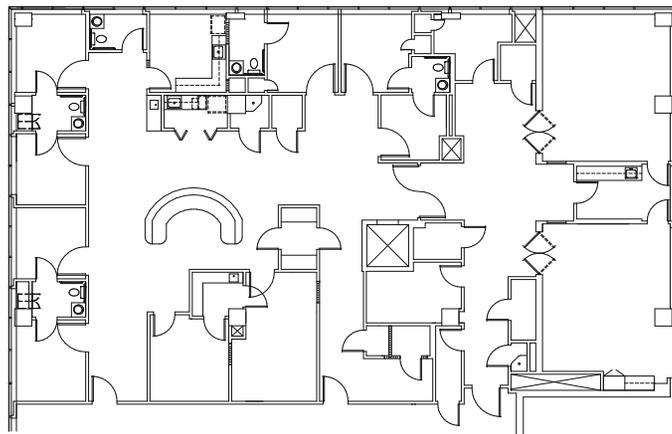
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Available Suites



PLAZA EAST: SUITE 805 | 4,844 SF

- Inviting reception area and waiting room
- (10) exam/procedure rooms and (3) offices
- (1) Imaging Suite and (2) laboratory areas
- (1) private restroom
- Large nurses' station
- Multiple storage closets



PLAZA EAST: SUITE 902 | 5,695 SF

- Spacious surgical suite with panoramic views
- (6) private surgical suites, (2) large operating rooms
- (4) ensuite restrooms, (1) private restroom
- Large nurse's station, staff breakroom
- (4) private variable use spaces, multiple storage closets

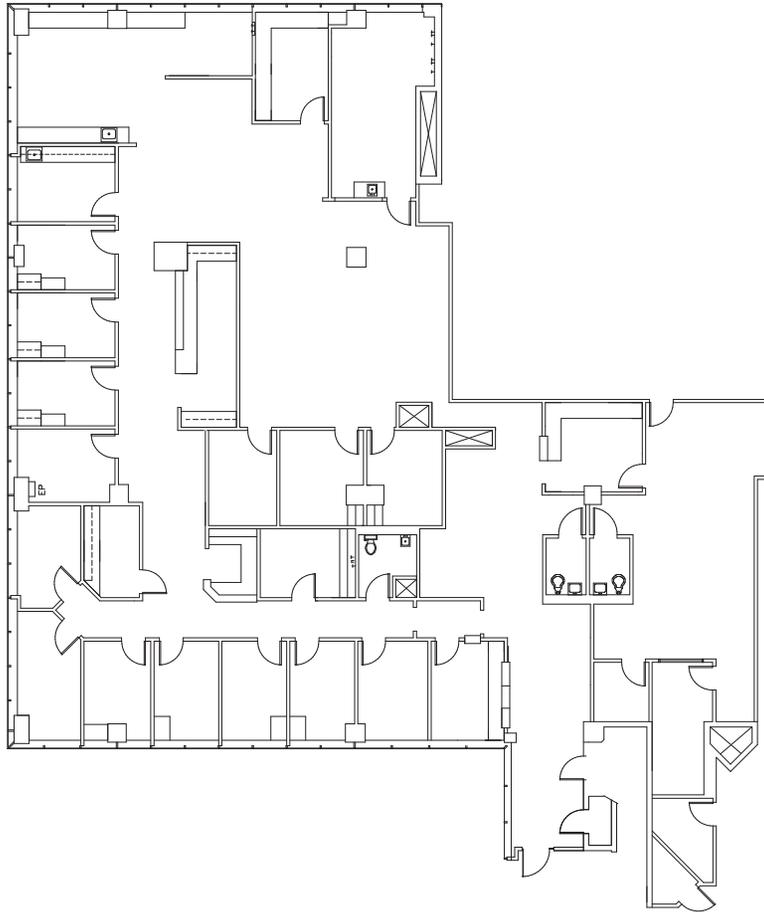
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Available Suites



PLAZA EAST: SUITE 1000 | 8,172 SF

- Window lined 10th Floor suite
- Fully customizable floorplan, able to be modified as-needed
- Former Orthopedic practice boasting a large physical therapy space
- (3) Private Restrooms
- (1) Large, (1) small nurse's station
- (11) patient exam rooms
- (5) private offices
- (2) storage rooms, and (2) storage closets
- (1) laboratory area
- (1) large break room



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