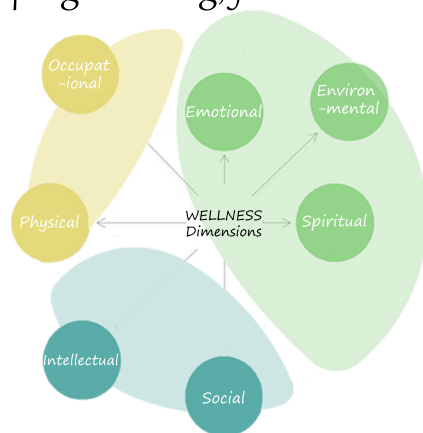
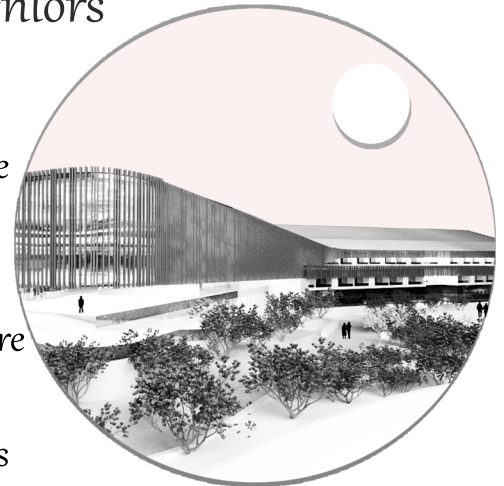


Providing Whole-Person Wellness to Seniors

A center for healthy living (CHL) is a new building typology that supports seniors through all the dimensions of wellness; it may be one program and building or a collection of programs/services and spaces. A CHL supports the mind, body, and spirit. A typical CHL provides places for social interactions, preventative healthcare and medical treatments, wellness education, counseling, healthy dining, continuing education lectures and discussion groups, arts programming, fitness training, spa/beauty treatments, and many other activities and services.



CHLs Support the Multiple Dimensions of Wellness

Emotional Coping effectively with life and creating satisfying relationships

Financial Satisfaction with current and future financial situations

Social Developing a sense of connection, belonging, and a well-developed support system

Spiritual Expanding our sense of purpose and meaning in life

Occupational Personal satisfaction and enrichment derived from one's work

Physical Recognizing the need for physical activity, diet, sleep, and nutrition

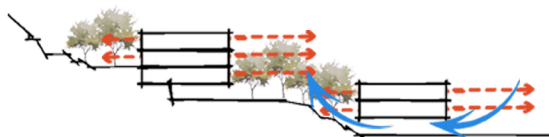
Intellectual Recognizing creative abilities and finding ways to expand knowledge and skills

Environmental Good health by occupying pleasant, stimulating environments that support well-being

Courtesy of Konkel, K., (July 28, 2014). Addressing Spirituality and Health. *The Partnership Center Newsletter*. Retrieved from <http://www.hhs.gov/about/agencies/iea/partnerships/newsletter/072814/index.html>

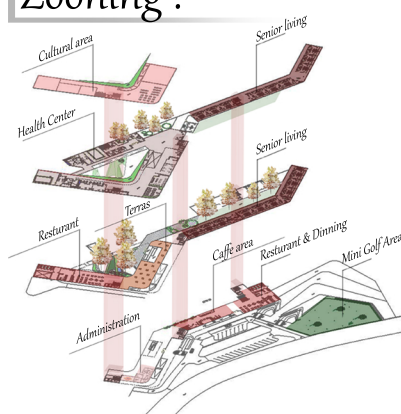
CONCEPT :

CHL's goal is to help fill the gap between the senior living and health sectors, yet it goes beyond the typical provision of "clinics and exercise spaces" to address the 8 dimensions of whole-person wellness: emotional, environmental, intellectual, physical, occupational, spiritual, social and financial.

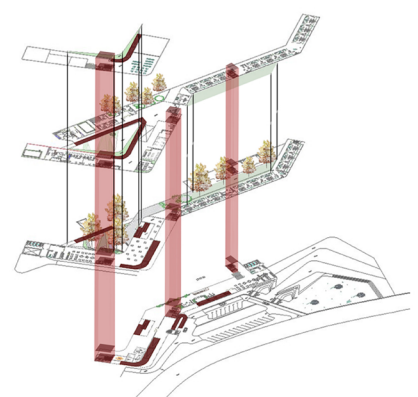


However the wellness's block has been designed around a court to provide shared interactive spaces where all seniors can meet. The building orientation towards the north achieves the capability of passive design due to indirect lighting.

Zooning :



Vertical circulation:



This concept of filling the gap has been translated by linking the seniors living on one side with the dimensions of wellness on the right side.