Minnesota experimental city, community, group exercise, extended stay hospital facilities, Walking, Biking, Exercise Equipment, Computers, Library, Kitchen, doctor, dentist, medical question phone line, rural, ambulance, gathering, meeting space, multifunction, prevention medical question phone line, rural, medical question phone line, rural, Prairie Health & Wellness
meditation space.
long term stay room.
green patio.
interior green patio.
family space.
medical questions and nurses station.
mechanical and custodial room.
fitness center front desk.
trainer office.
trainer and table storage.
group exercise and meeting space.
exercise equipment space.
dressing, free weight area with open-shelved storage.
open shelving personal storage space to east & fridge/sink, and drinking fountain to west.
doctor’s office.
doctor exam rooms with shared high tech equipment storage.
dentist exam room.
dentist office.
separate x-ray space for dentist and doctor with shared booth.
shared dark room.
nurses station to north & kitchenette to south.
brake/conference room.
other front desk.
ambulance garage.
library and computer hub.
multi-purpose community room and event space.
kitchen.
out door patios.

**group exercise and community meeting space**
with moveable shading pieces, mirrors, and white boards
to facilitate a range of activities within the space.
The MXC involves a new kind of design. With healthcare it takes a preventative approach. In a rural setting Prairie Health and Wellness Center seeks to provide for what the community needs but yet keep the rural character intact. PH&W provides exercise opportunities in the cold Minnesota winter. It creates places to study, research, and educate with public computers, library, and spaces to study. These spaces serve multiple functions by creating spaces to hold community meetings, banquets, family gatherings, events, or just provide a place to stay, watch birds, and get away. The medical facilities have shared and separate spaces for the community physician and dentist. There is also an ambulance on site for emergencies. Health is promoted through an online and by phone medical question answering service and an online symptom tracker. Also, through spacious longer term temporary stay facilities those who for medical reasons would be unable to be close to home are now able to stay right in their community. The goal of the Prairie Health and Wellness Center is to bring people together in a friendly community centered atmosphere.
1. walking and biking paths
2. overhang allows for light and heat in winter and shade in summer
3. adjustable shades closing windows to cut hot sun gain
4. reclaimed hardwood from site will be used in art for patio
5. green roofs
6. intake vents on north wall that leads directly into mechanical room for HRV system
7. flooded green roof with plants to aid in the health of inhabitants and air purification
8. grey water filtration system and drain-water heat recovery system
9. green walls
10. shading canopy that also diverts water away from the building
11. roof of recycled materials and strategic draining and collection of water
meditation space

long term stay room

green patio

interior green patio

family space

medical questions and nurses station

mechanical and custodial room

fitness center front desk

trainer office

trainer and table storage

group exercise and meeting space

exercise equipment space

stretching, free weight area with open shelved storage

open shelving personal storage space to east & fridge/sink, and drinking fountain to west

radiology exam rooms with high tech equipment storage

dental exam room

dentist office

separate x-ray space for dental and doctor with shared booth

shared dark room

files and storage

nurses station to north & kitchenette to south

break/conference room

other front desk

ambulance garage

library and computer hub

multi-purpose community room and event space

kitchen

out door patio
The MXC involves a new kind of design. With healthcare it takes a preventative approach. In a rural setting Prairie Health and Wellness Center seeks to provide for what the community needs but yet keep the rural character intact. PH&W provides exercise opportunities in the cold Minnesota winters. It creates places to study, research, and educate with public computers, library, and spaces to hold meetings and classes. These spaces serve multiple functions by creating spaces to hold community meetings, banquets, family gatherings, events, or just provide a place to stay, watch birds, and get away. The medical facilities have both shared and separate spaces for the community physician and dentist. There is also an ambulance on site for emergencies. Health is also promoted through an online and by phone medical question answering service and an online symptom tracker. Also, through spacious longer term temporary stay facilities those who for medical reasons would be unable to be close to home are now able to stay right in their community. The goal of the Prairie Health and Wellness Center is to bring people together in a friendly community centered atmosphere.
walking and biking paths
overhang allows for light and heat in winter and shade in summer
adjustable shades along windows to control solar gain
reclaimed driftwood from site windbreak and shelter for patio
green roofs
intake vents on north wall that leads directly into mechanical room for HRV system
interior green roof with plants to aid in the health of inhabitants and air purification.
grey water filtration system and drain-water heat recovery system
green walls
shading canopy that also diverts water away from the building
roof of recycled materials and strategic draining and collection of water
group exercise and community meeting space with moveable shading pieces, mirrors, and white boards to facilitate a range of activities within the space.