

MXC
CENTER FOR WELLNESS
Danielle Cremer
Cindy Urness



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The Minnesota Experimental City, a theoretical and conceptual idea for the redesign of a city, focuses on different typologies and the way they are perceived within society. The MXC focused on the importance of lifelong learning, social integration and preventative approaches in the realms of health care, education, transportation, energy transmissions, etc. The newly built towns would be dispersed outside already existing urban centers, no farther than 100 miles away. This Center for Wellness is located just west of Urbank, MN along county highway 38. The Center for Wellness focuses on the eight dimensions of wellness as a preventative approach to healthcare: social, intellectual, environmental, vocational, physical, spiritual, occupational, and emotional. The fulfillment of these elements within a person will create a balanced and healthy well-being.

EMOTIONAL

ENVIRONMENTAL

INTELLECTUAL

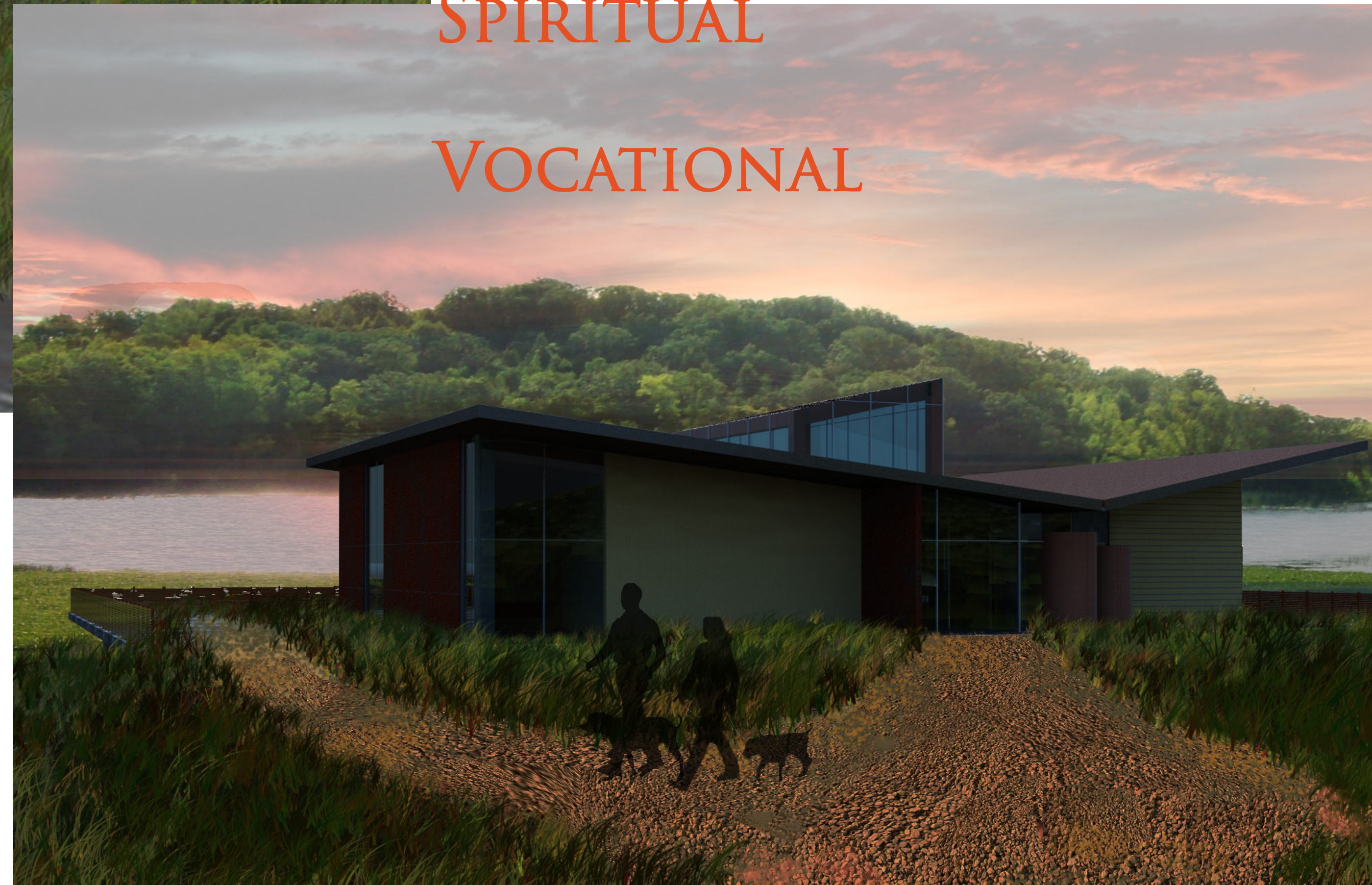
PHYSICAL

OCCUPATIONAL

SOCIAL

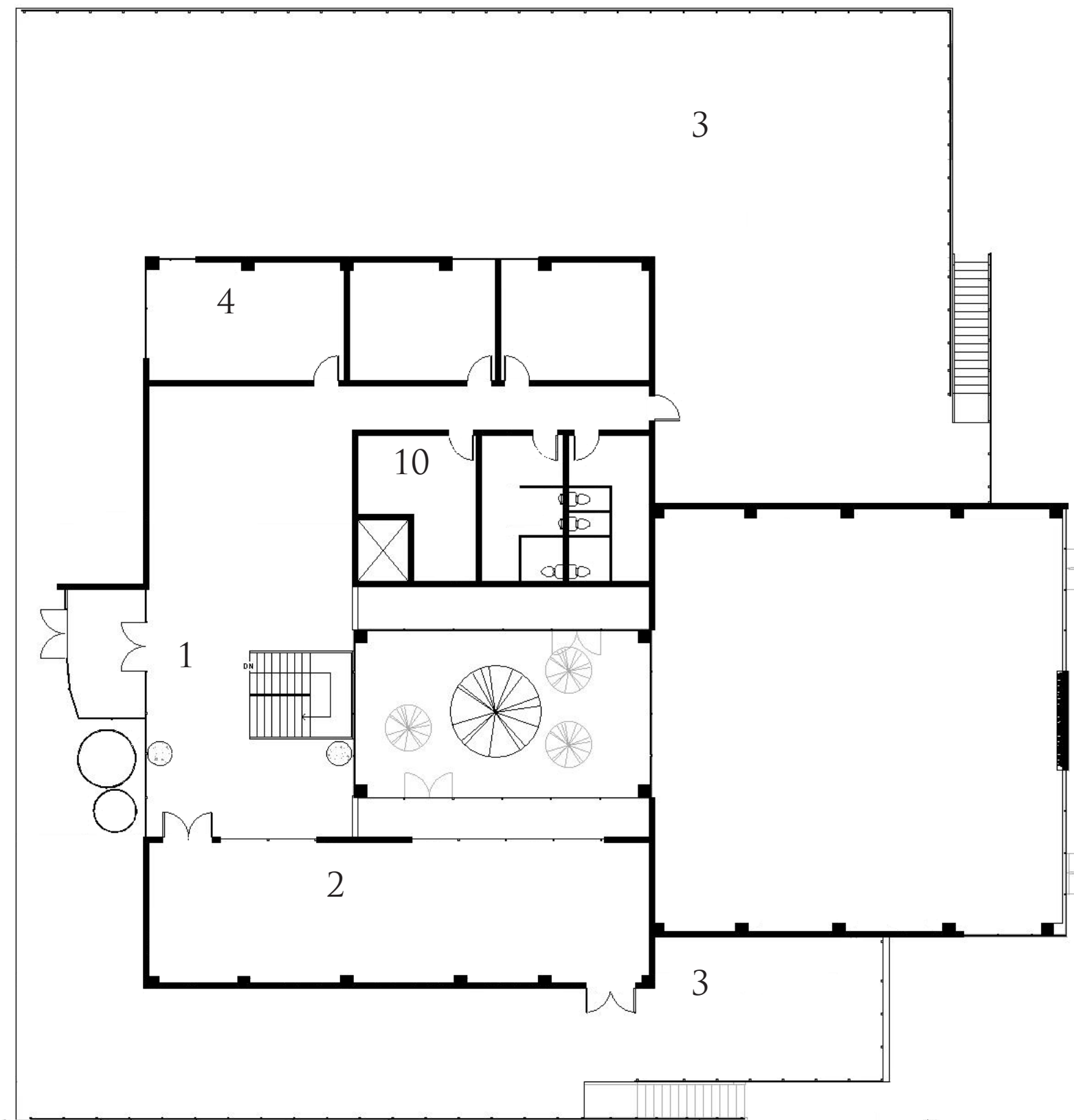
SPIRITUAL

VOCATIONAL





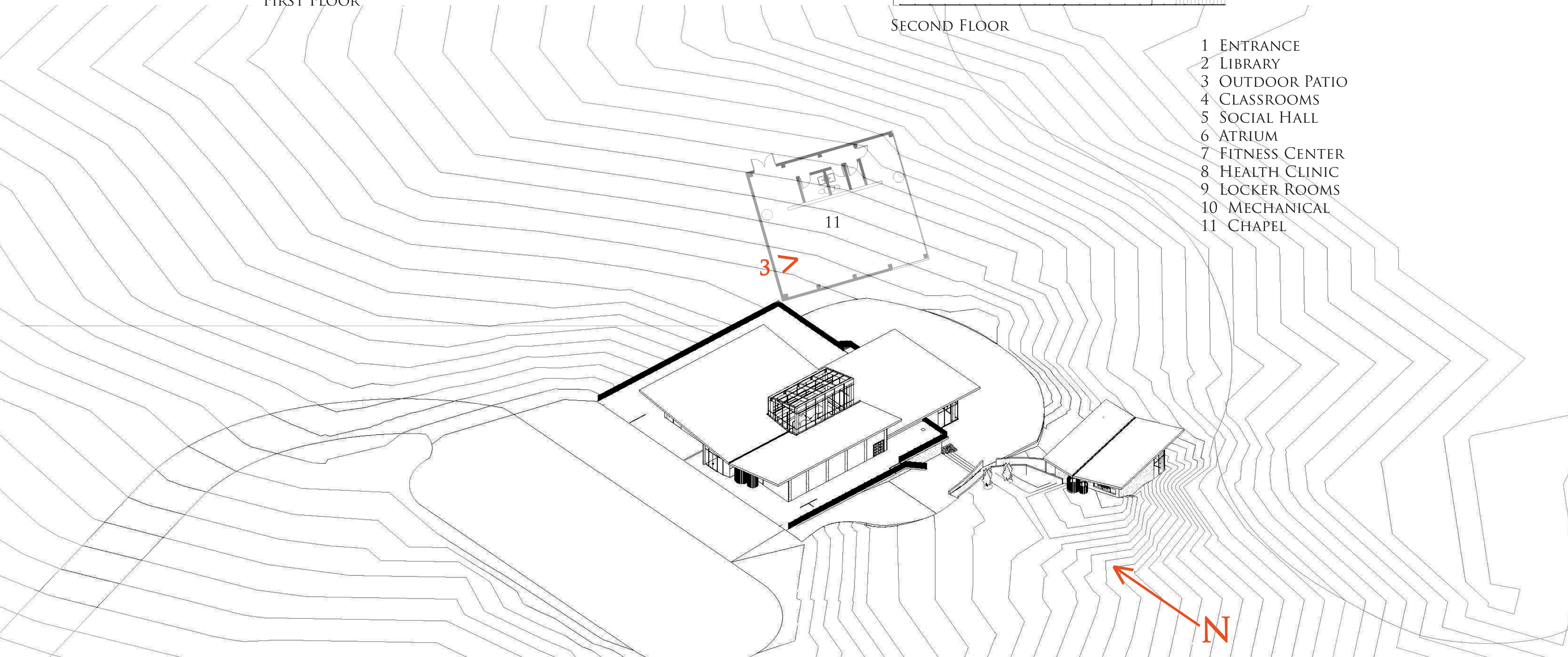
FIRST FLOOR



SECOND FLOOR



- 1 ENTRANCE
- 2 LIBRARY
- 3 OUTDOOR PATIO
- 4 CLASSROOMS
- 5 SOCIAL HALL
- 6 ATRIUM
- 7 FITNESS CENTER
- 8 HEALTH CLINIC
- 9 LOCKER ROOMS
- 10 MECHANICAL
- 11 CHAPEL



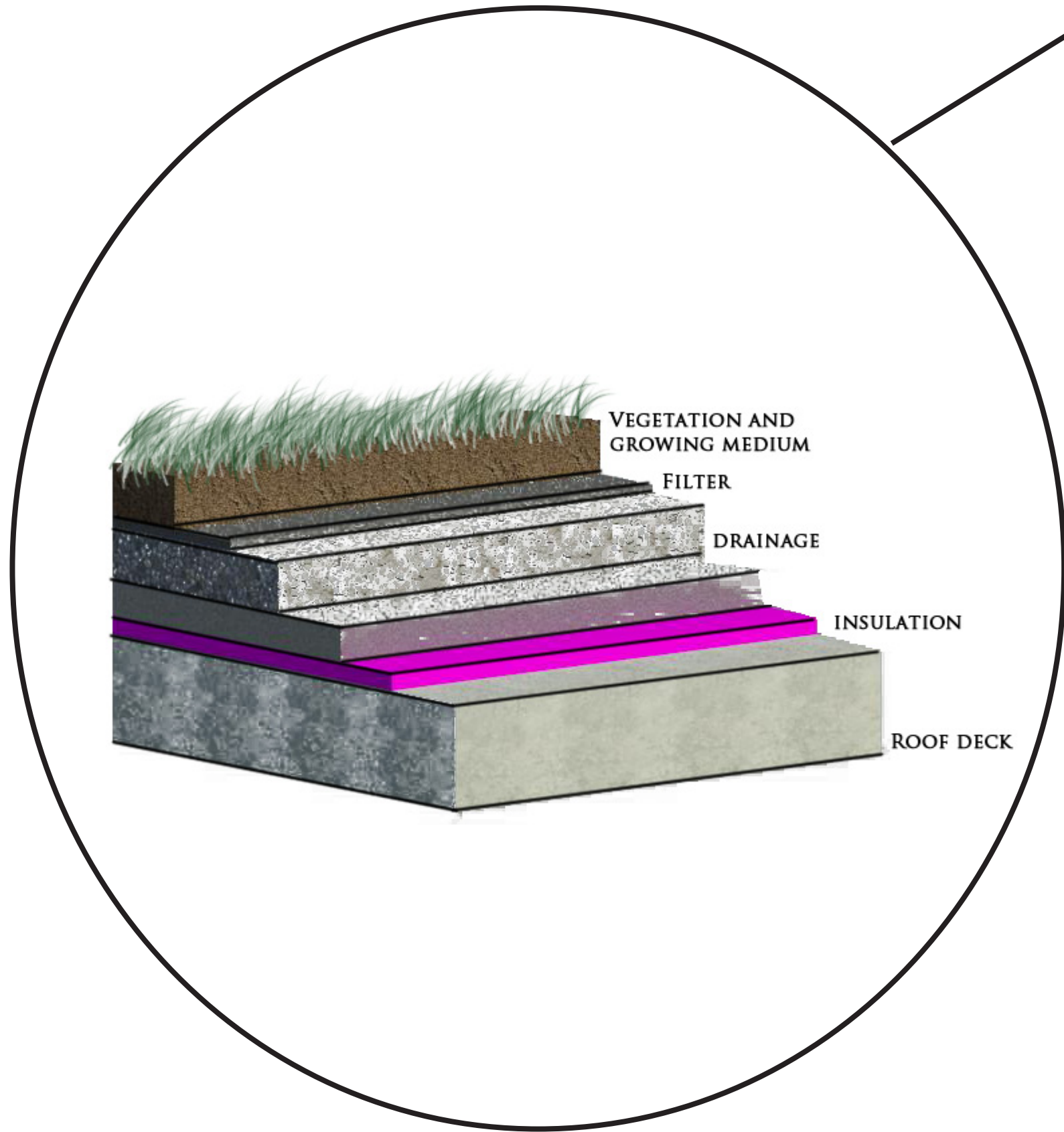
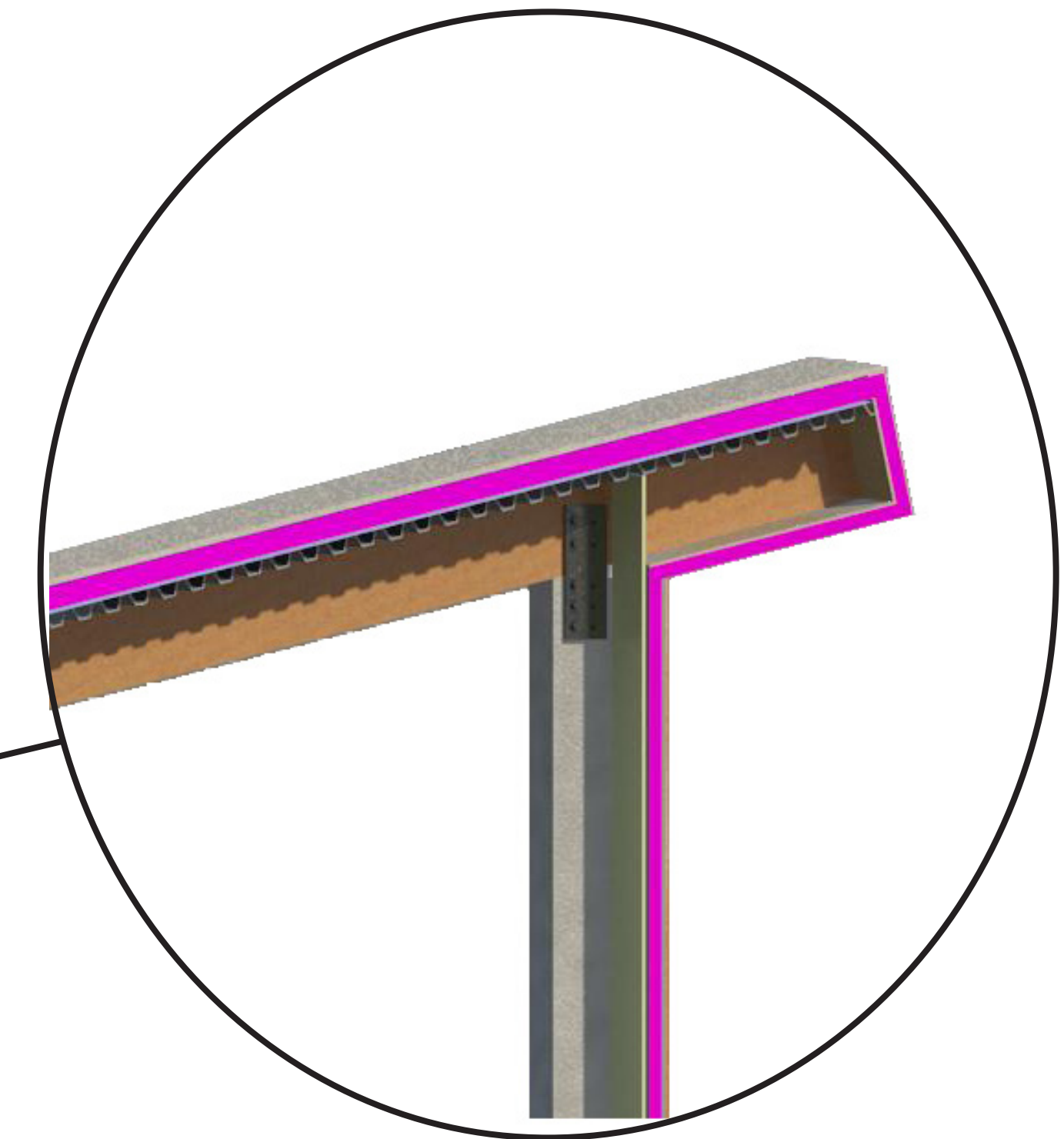
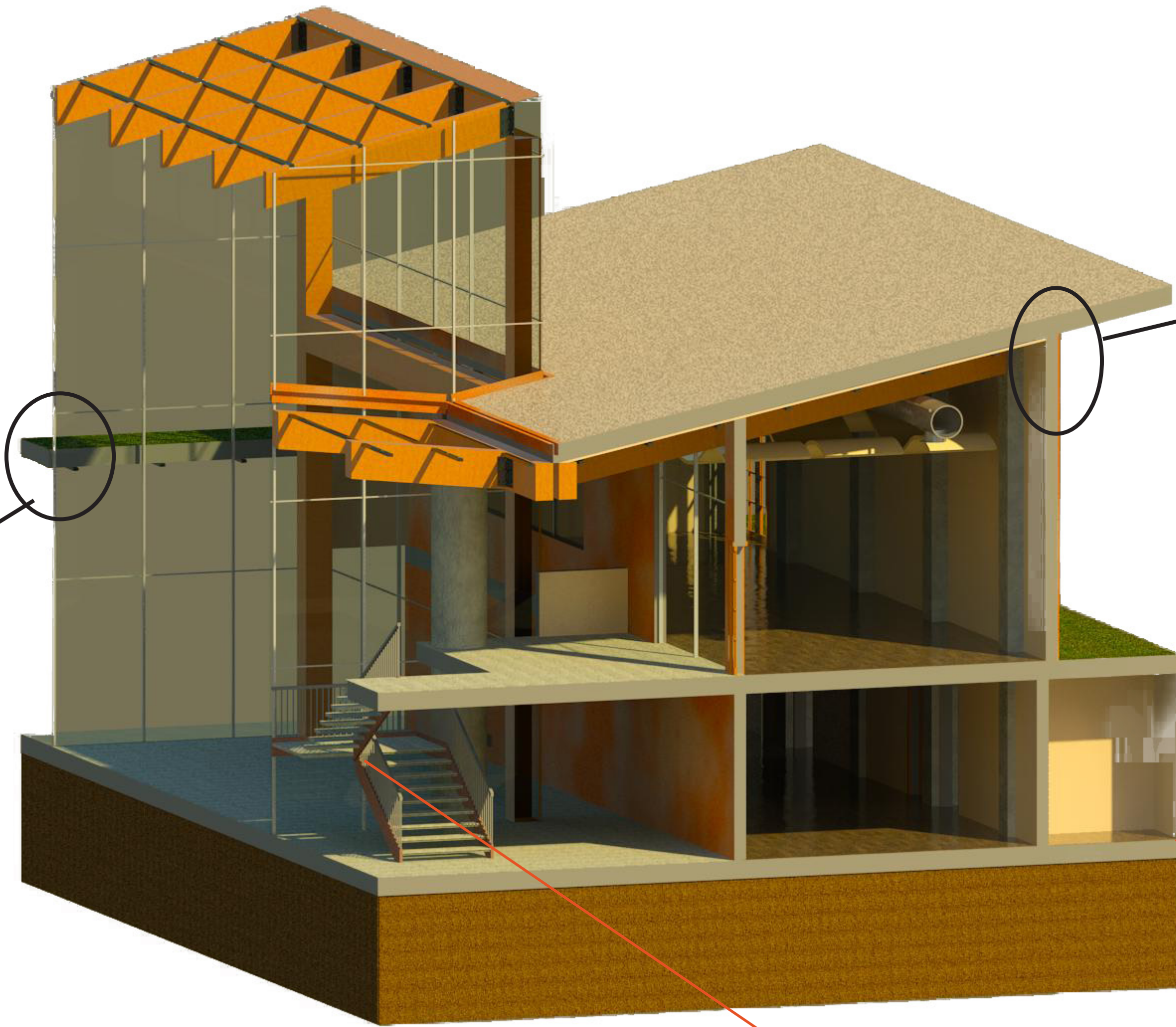
RAIN WATER COLLECTION.

Rain water is collected from the roof of the building through a typical gutter system that drains into holding tanks connected to a pump. The water that is collected is used for basic irrigation for the atrium space and outdoor plantings around the patio.

GREEN ROOF.

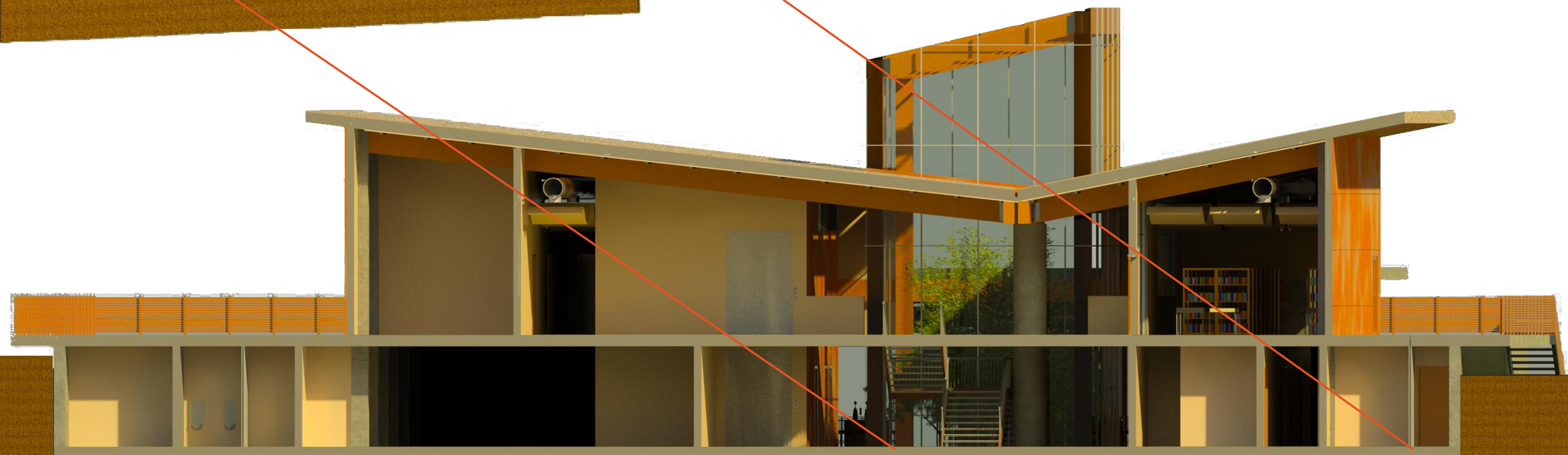
The extensive green roof located at the same level as the main entrance helps to camouflage the Center for Wellness within the surrounding landscape while adding an insulated layer to the building and absorbing rain water rather than expelling it from the building.

ATRIUM. The atrium, structured with glue laminated beams and columns, is the main focus within the Center for Wellness and aims to bring natural light and solar gains in through its towering façade to aid the inhabitants well-being.



STRUCTURE.

The center is structured completely with site cast concrete columns and bearing walls as fifty percent of the structure is submerged under the topographic surface. The entry level introduces glue laminated beams into the material palette as they begin to support a light weight insulated roof deck and finishing materials. The building façade is comprised of a small palette: recycled pine boards and coreten panels.





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VIEW FROM INSIDE OF SOCIAL HALL



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VIEW FROM INSIDE OF SOCIAL HALL TOWARDS THE ATRIUM

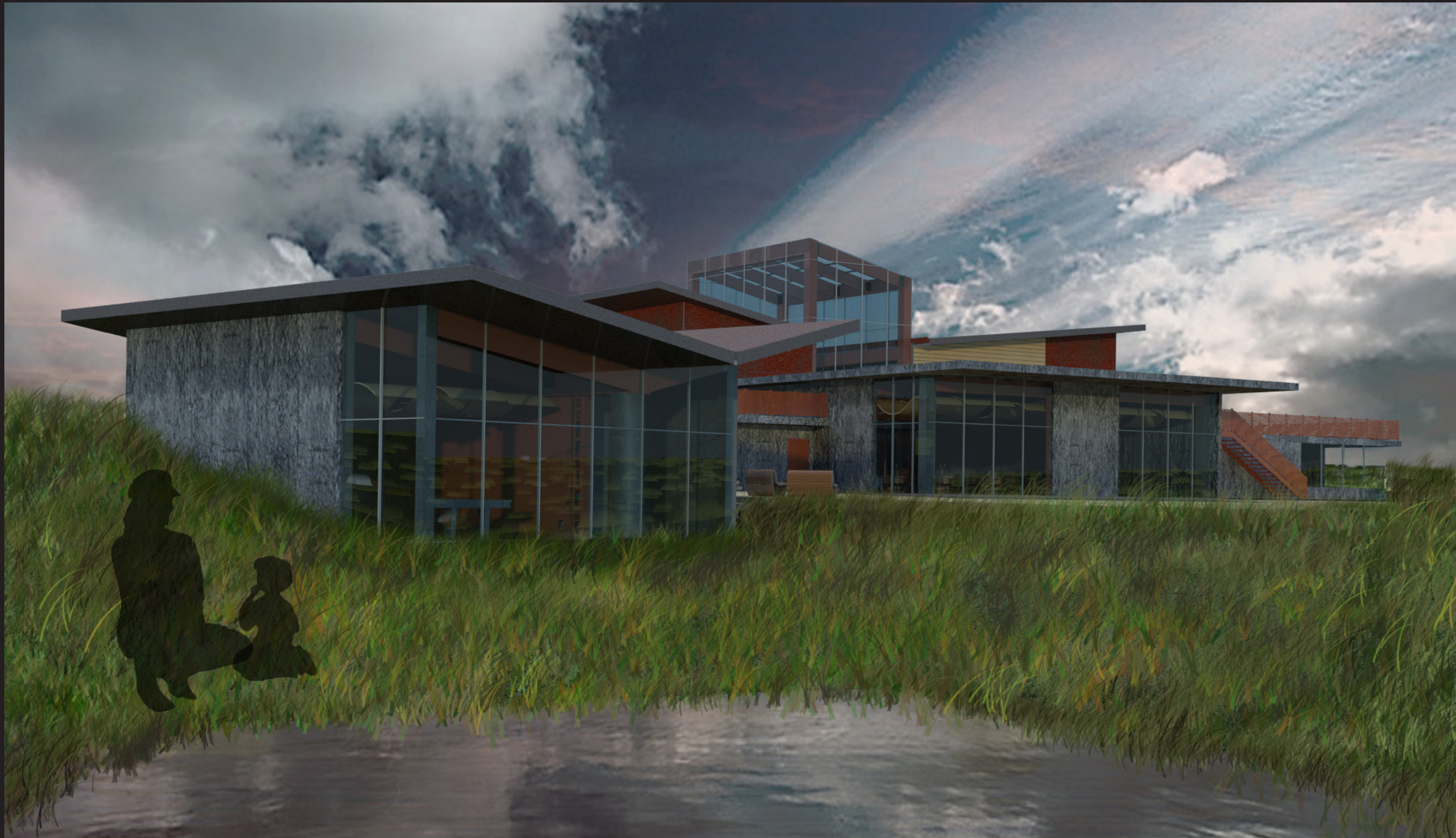


VIEW FROM INSIDE THE CHAPEL

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VIEW FROM THE NORTHWEST



VIEW FROM THE SOUTHEAST



VIEW FROM THE EAST