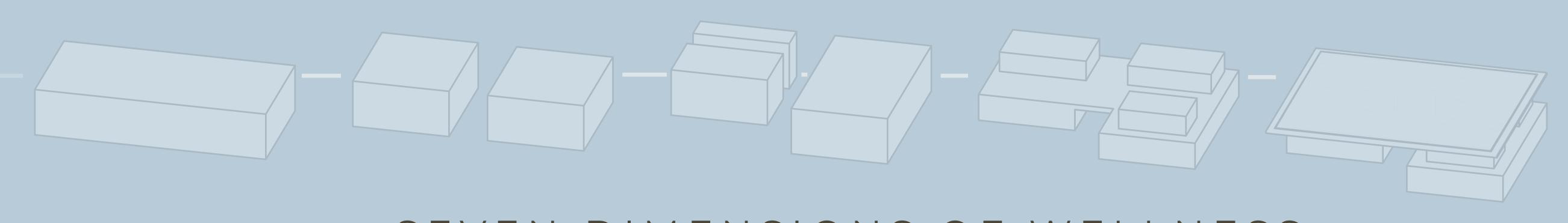
## INNOVATIONS OF HEALTH

THE REIMAGINATION OF GATHERING PLACES WITHIN COMMUNITIES TODAY.





## SEVEN DIMENSIONS OF WELLNESS

is known as the Costa Rican "holy trinity." To incorporate these three concepts into architectural innovations and spatial components today, the church becomes "gather," the plaza represents "play," and the school becomes "live." These three ideas were then integrated with all seven dimensions of wellness, creating a comprehensive design.

MENTAL The dimension of mental wellness can be defined as "live." The Playa Del Coco Clinic is centralized within a growing community to provide better access to critical multifaceted healthcare.

PHYSICAL In Costa Rican cities, soccer remains at the center of community gatherings, embodying the "play" dimension of physical wellness. Maintaining this cultural aspect becomes a central gathering place.

Social wellness is defined as the act of "gathering" and highlighting the significance of creating and preserving meaningful relationships with others. The plaza, classrooms, and amenity decks provide space for social interaction among its community members and visitors.

NOISE SUN PATTERN WIND

Incorporating natural elements such as green spaces, walking paths, and community gardens can provide opportunities to promote spiritual wellness. This, in turn, supports the "live" aspect of the modern trinity by promoting a balanced and healthy mindset.

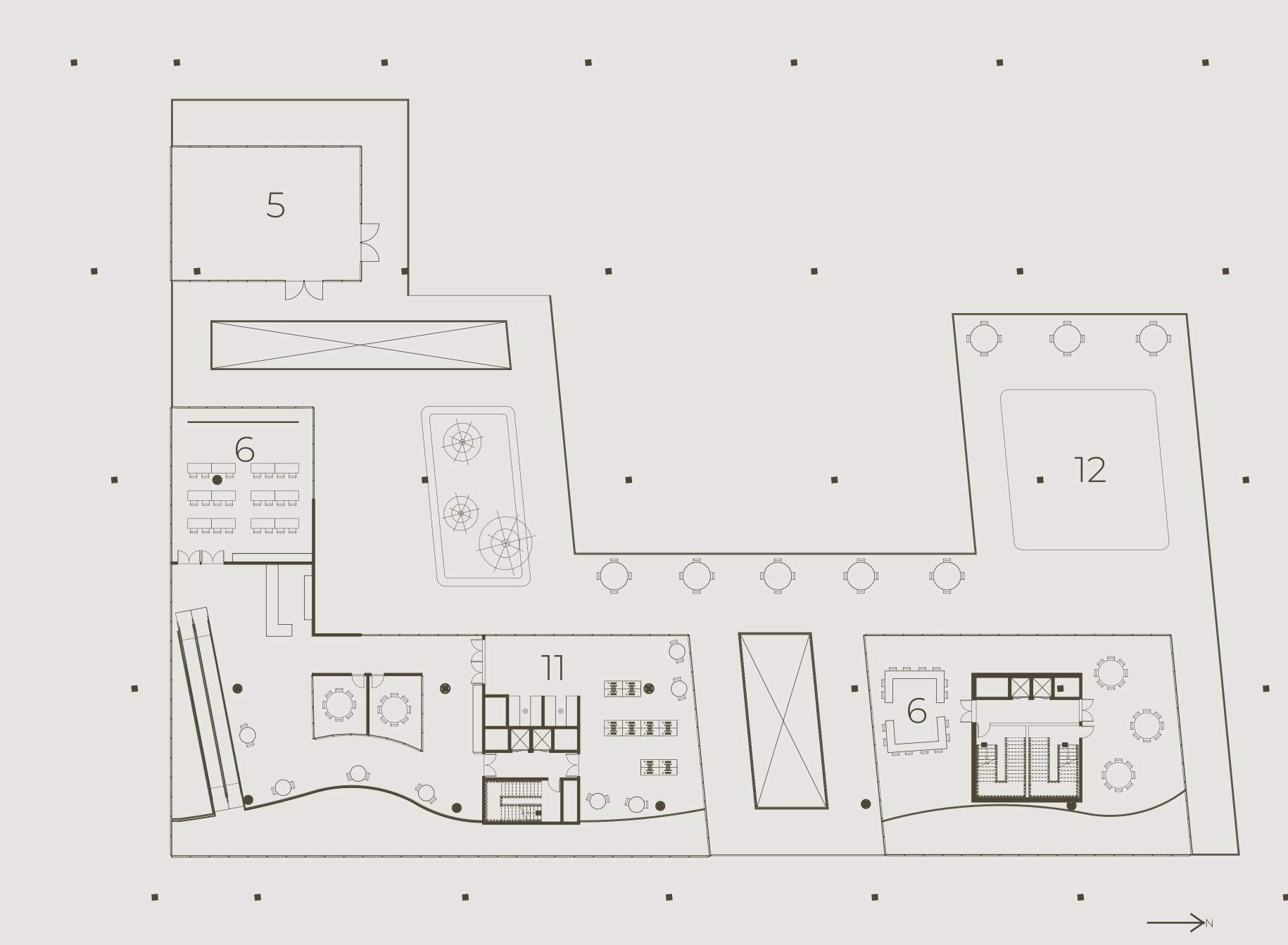
ENVIRONMENTAL Environmental wellness can be defined as understanding and The Adicoco community outreach office is designed to enable appreciating the interdependence between humans and the natural individuals to achieve fulfillment and satisfaction in their careers or world. Designing spaces that incorporate sustainable practices and vocations, this supports the "live" element of vocational wellness. utilizing eco-friendly materials was a key deisgn idea.

FINANCIAL Financial wellness can be promoted by designing spaces that support small businesses and entrepreneurship in the Playa Coco community, contributing to economic growth and stability. This aspect of wellness can be defined as "gather," emphasizing the importance of creating opportunities for financial success through community support and collaboration.

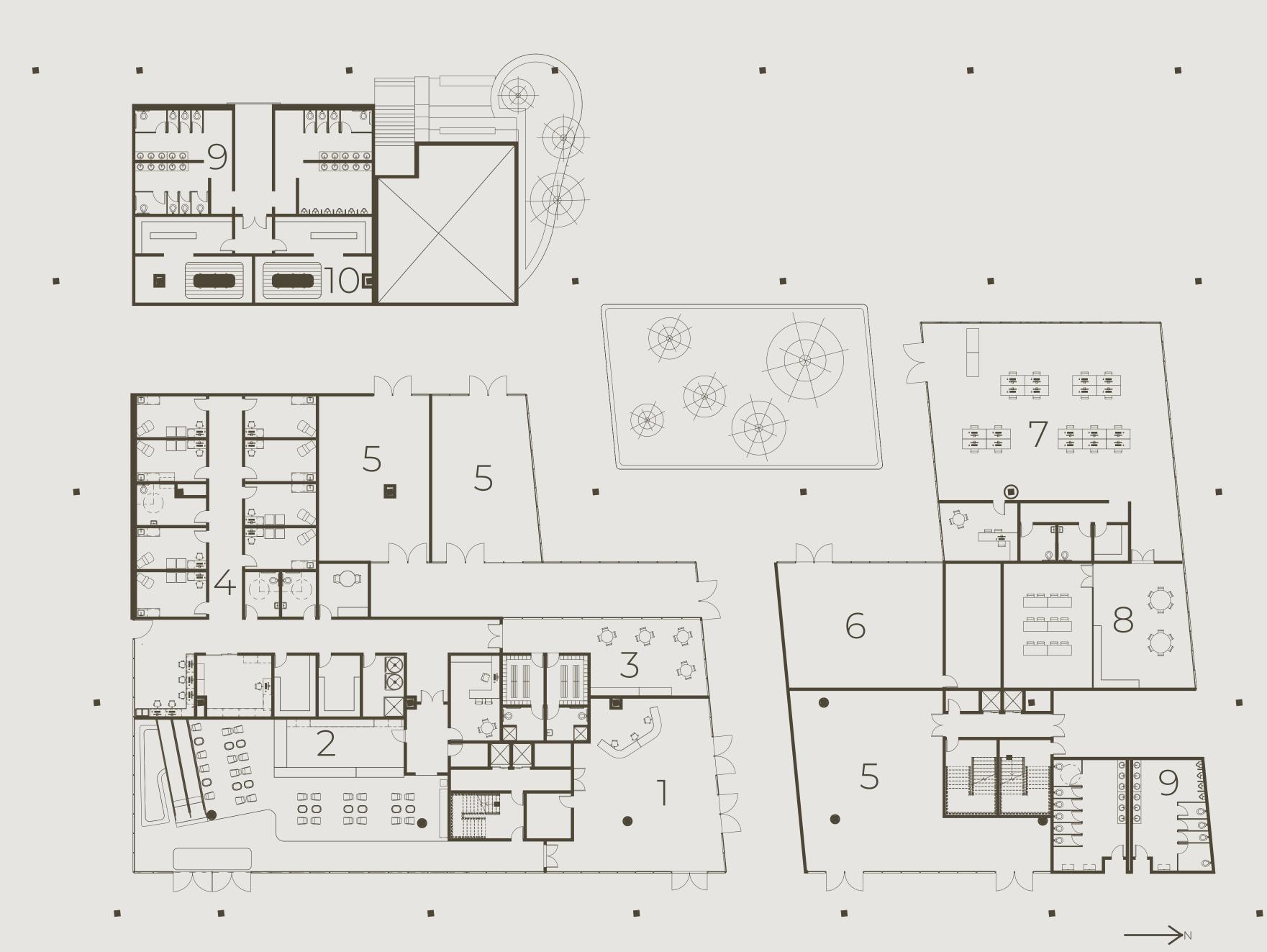








FLOOR PLAN 2 04 8 16



FLOOR PLAN 1 6 4 8 16

## FLOOR PLAN KEY

VISTORS CENTER 2 CLINIC LOBBY 3 CLINIC STAFF BREAKROOM 4 EXAM ROOMS

5 LEASABLE SPACE 6 classroom/ballroom 7 POLICE DEPOT 8 POLICE STAFF SUPPORT ROOMS

9 public restrooms 10 home/away lockerooms ] ADICOCO OFFICE 12 outdoor plaza deck

Playa Coco, located in the remote northwest region of Guanacaste, Costa Rica, is a community rich in cultural heritage and history. Yet, its citizens face significant challenges in achieving comprehensive health and wellness. The traditional way of life in this region, where community members are solely responsible for their collective welfare, has resulted in limited opportunities for growth and prosperity. To address this issue, the Playa Coco Integrative Health Commons was envisioned with the

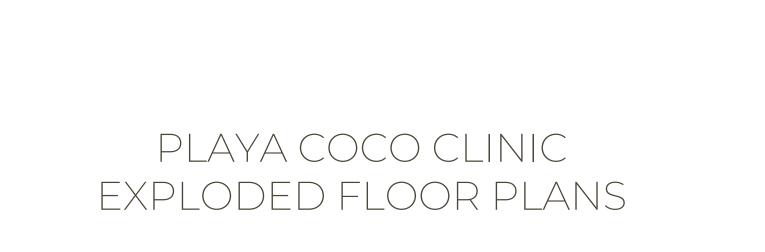
primary goal of promoting the seven dimensions of health: mental, physical, social, financial, spiritual, environmental and vocational, which are crucial for creating a healthy and thriving community. The Commons features several facilities, including a medical clinic that provides access to

healthcare resources often limited in remote regions, classrooms for vocational training and financial education and a police depot for community safety. With a goal of incorporates architectural innovations that enhance health, safety, and

quality of life. Its design ensures access to health and wellness resources, including health services, the Adicoco community outreach office, classroom facilities, and outdoor spaces for recreation and relaxation. The initiative is rooted in research, examining Guanacaste's current state of health and wellness and highlighting the challenges and barriers to achieving a healthier community. Through a deep dive into the region's history and culture, the Commons demonstrates the significance of incorporating the seven dimensions of health into the built environment.

The ultimate goal of the Playa Coco Integrative Health Commons is to improve the overall well-being of the community, creating a healthier and more prosperous future for Playa Del Coco. By providing access to comprehensive health and wellness resources and promoting economic growth, the Commons hopes to empower community members to achieve their full potential within the region's rich history and cultural heritage. The Playa Coco Integrative Health Commons aims to be a model for sustainable community development that can be replicated in other regions facing similar challenges. Its vision is to create a positive future for Playa Coco, where all community members have

access to the resources they need to live healthy, fulfilling lives.



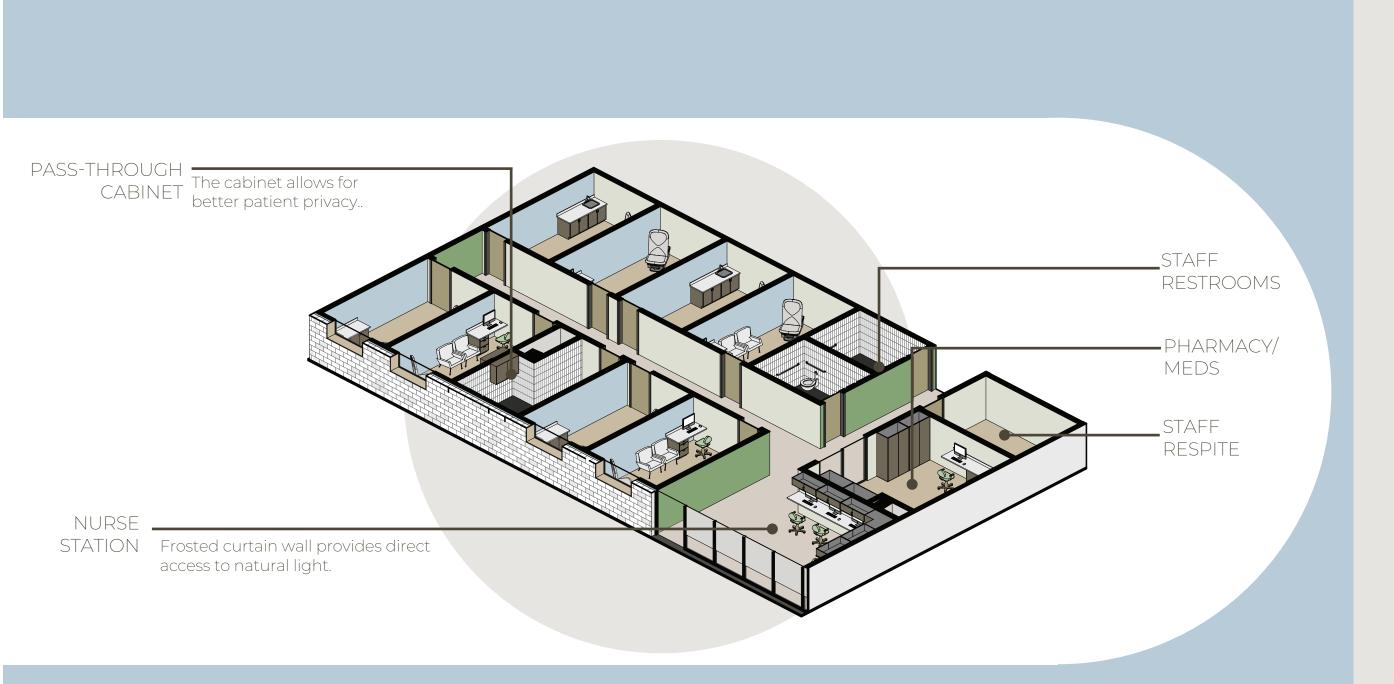


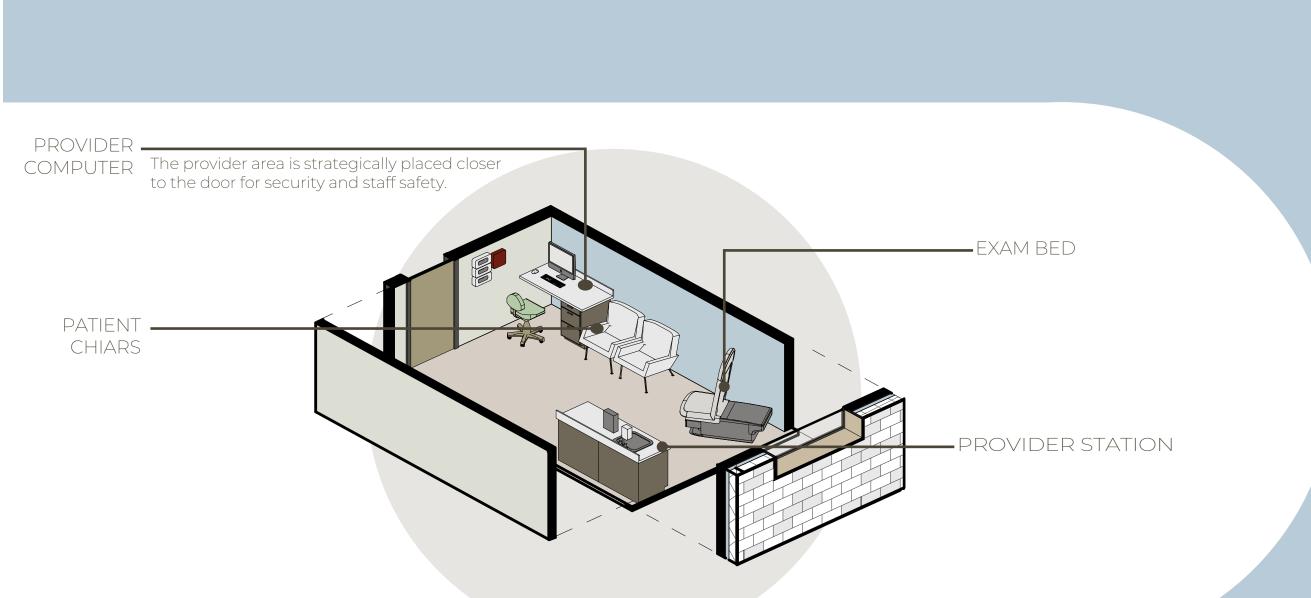


PEDESTRIAN PATH

















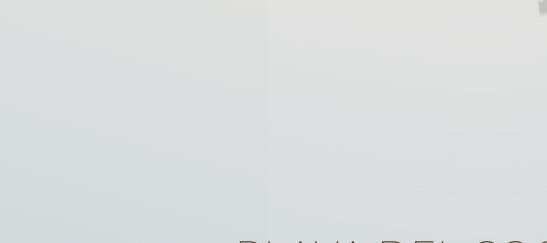












SARDINAL DISTRICT