





point of view

There are often many invisible pressures in modern life. People are trapped by work, responsibilities, etc. A lot of issues we have to face every day. Especially, during this time, having a virus spreading in the world that forces everyone sive goal but I think it is still important we can continually find a balance to improve the quality of life and human well-being.

man well-being and quality of life, represented through asymmetry, juxtaposition, and tension.

A COMMUNITY-BASED HEALTHCARE Community-based healthcare is to help people find wellness and balance in their lives. Here, the stress in life that causes physical and mental health isreducing physical and mental stress, promote health, and seek balance.

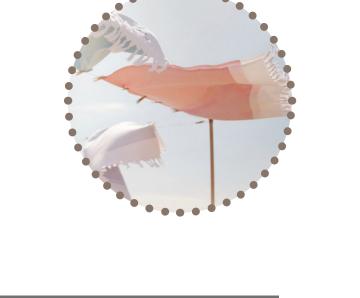






OPTIMISM BREWING COMPANY

FRYE ART MUSEUM



personas Mila | The Retail Sales BACKSTORY| single woman. in her early 30s. live in an apartment. work at nordstrom. take public transportation to work

RESOURCES| still young and in good health condition. walk a lot

EMOTIONS| rent and monthly performance standing thewhole day

GOALS| wish to have an affordable place close to her apartment for her to rehab her body **SCENARIO**| mila does yoga at healthcare for

Wang | The Dad BACKSTORY | mid-age. single dad. have three kids. immigrant's family. owns a small restaurant. lives in a townhouse

RESOURCES| his restaurant is close to where he lives. small life circle

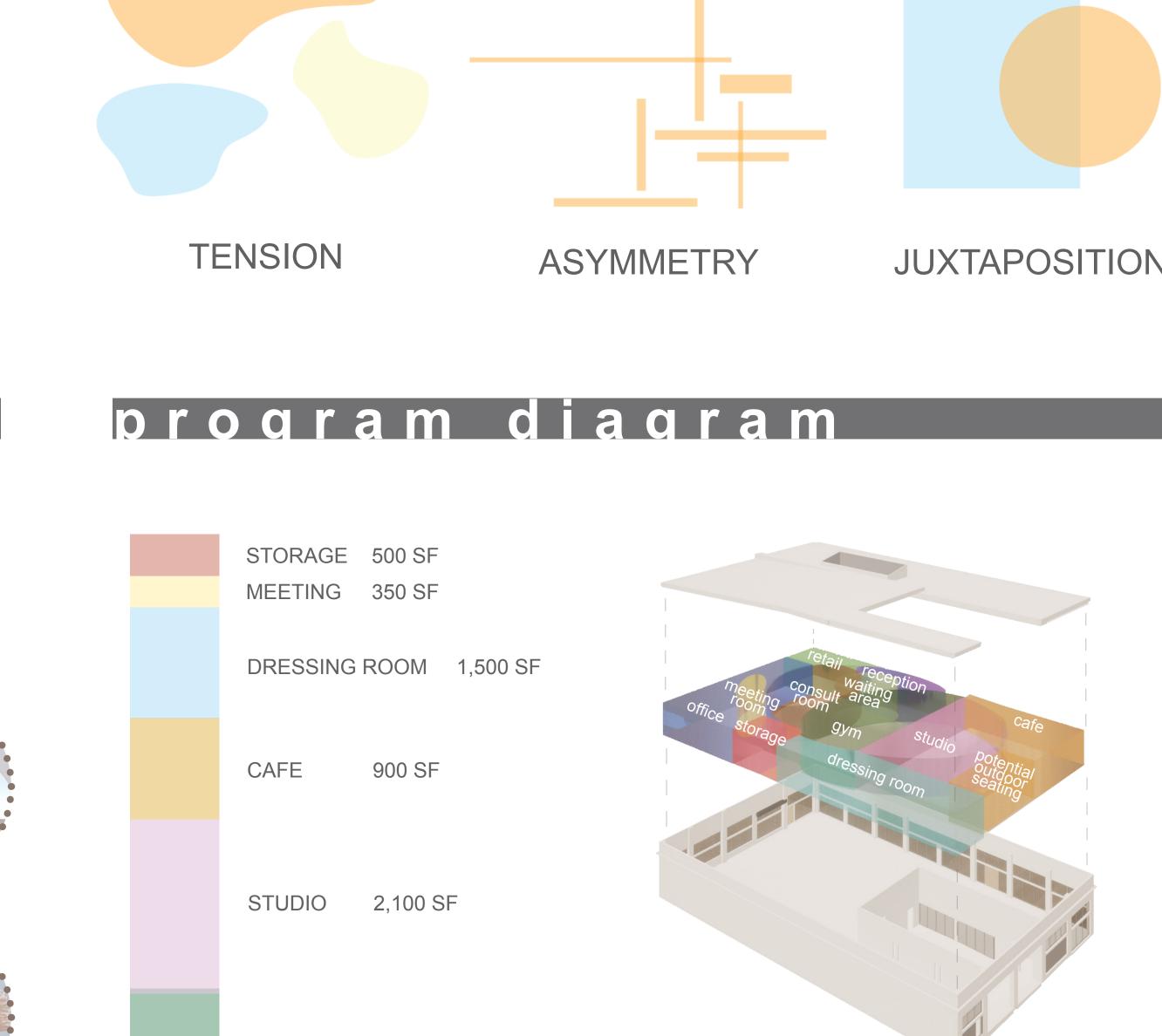
EMOTIONS| busy between the business and kids. hurt his back once. muscles often stiff from GOALS| a place nearby to take care of the old injury when uncomfortable and relieve muscles SCENARIO | he takes the treatment service to

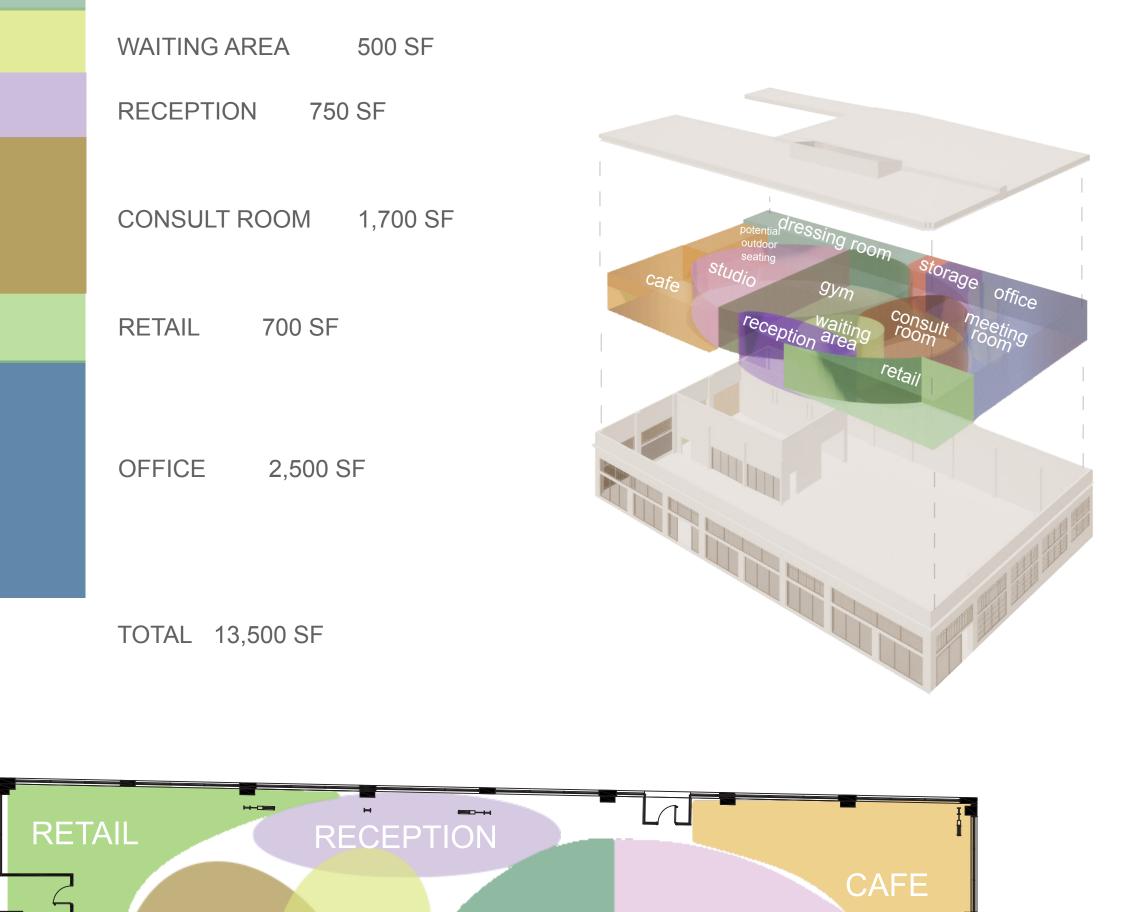
body rehab and stress relieve

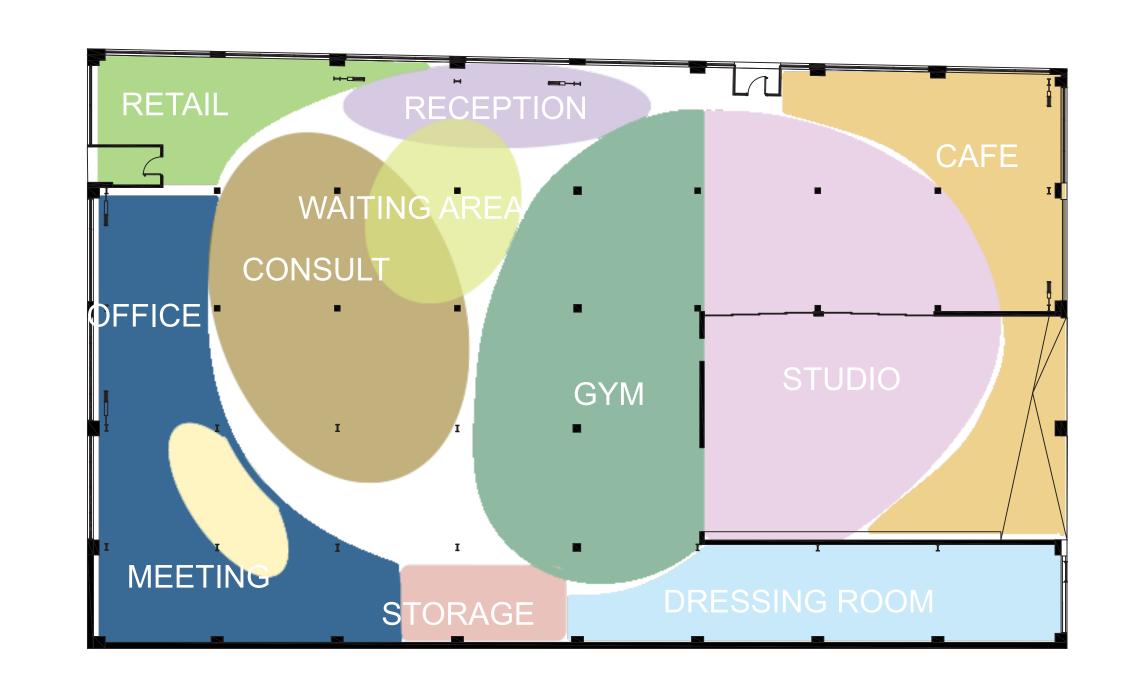
make his back feel better

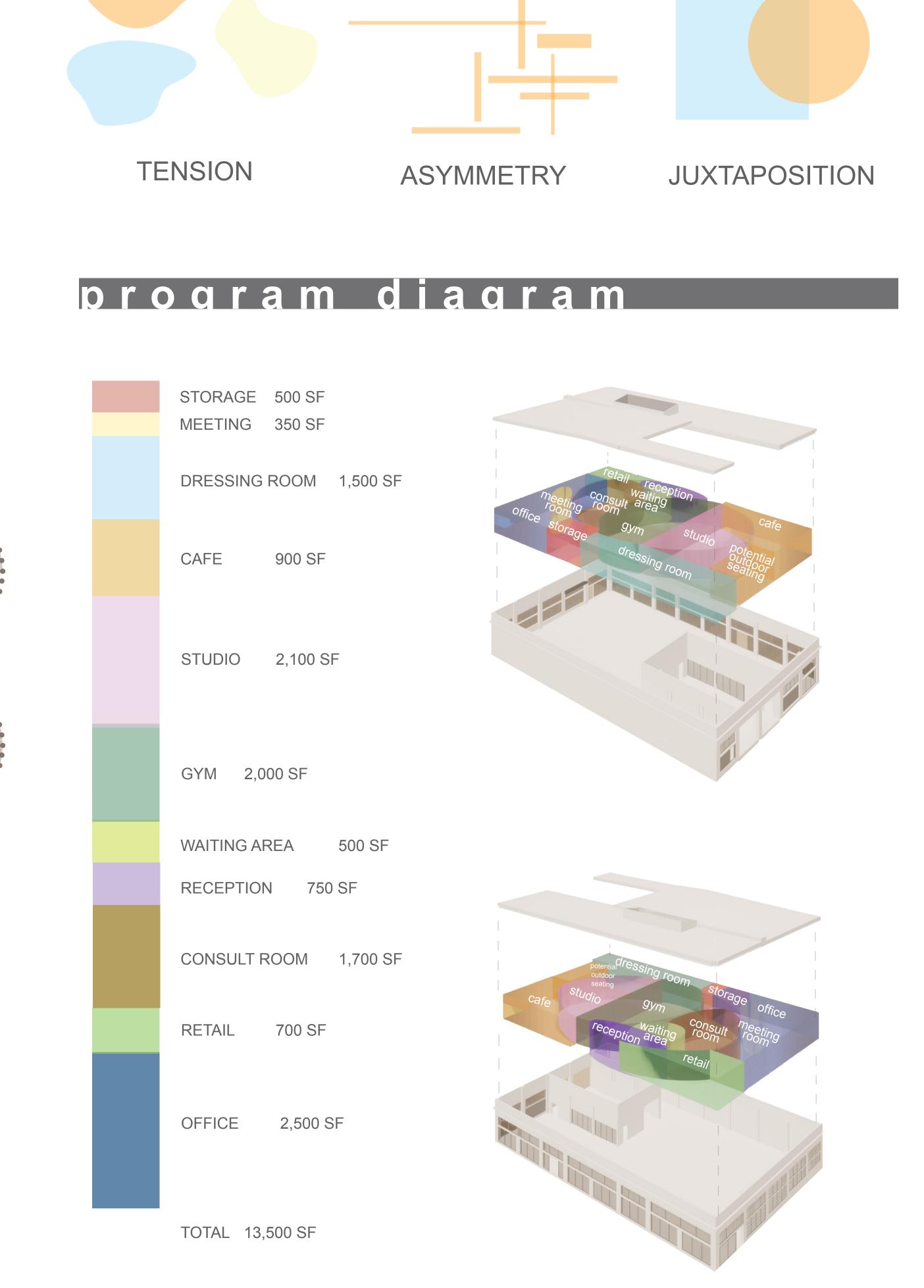
site

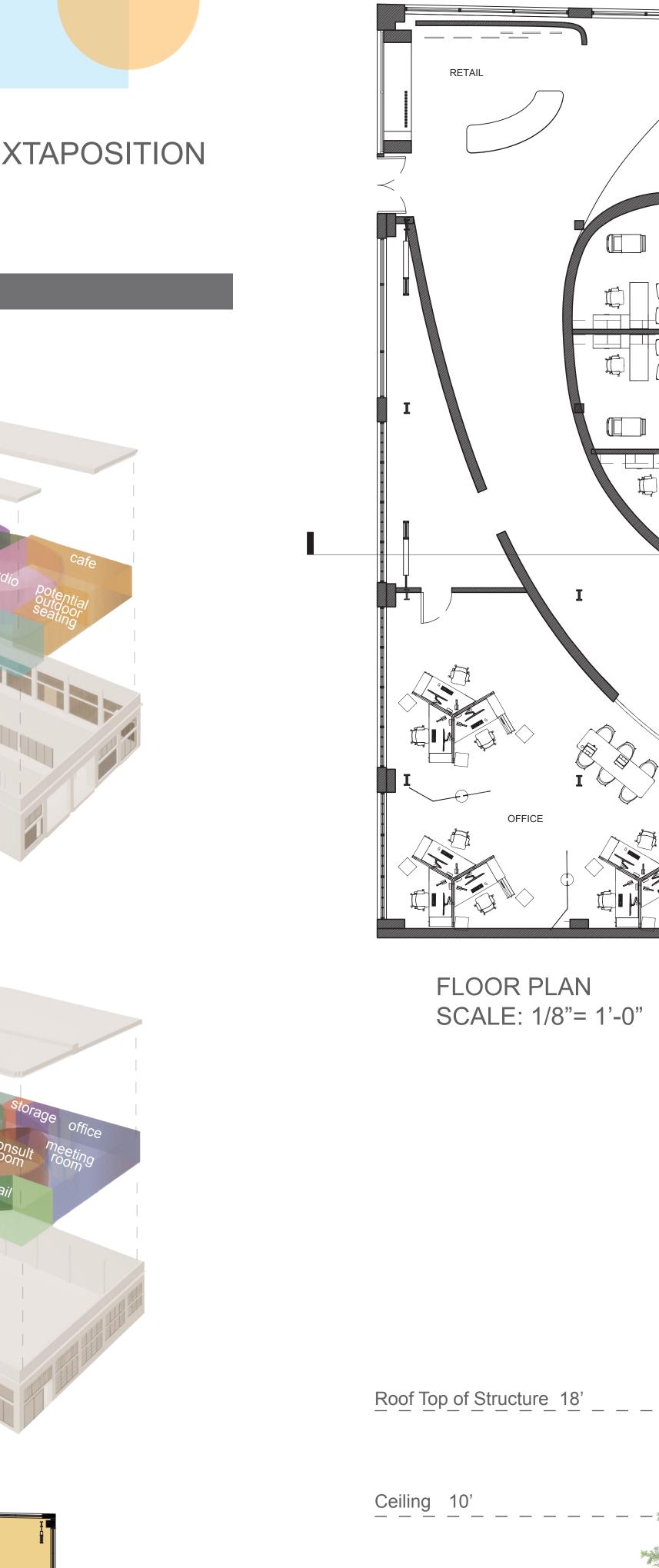
house alone in the suburb RESOURCES| her daughter and her family live close by. get to see her grandkids often EMOTIONS | she keeps in a happy mood espe-SCENARIO | she has regular basis physical therapy treatment plans to relieve her discomfort









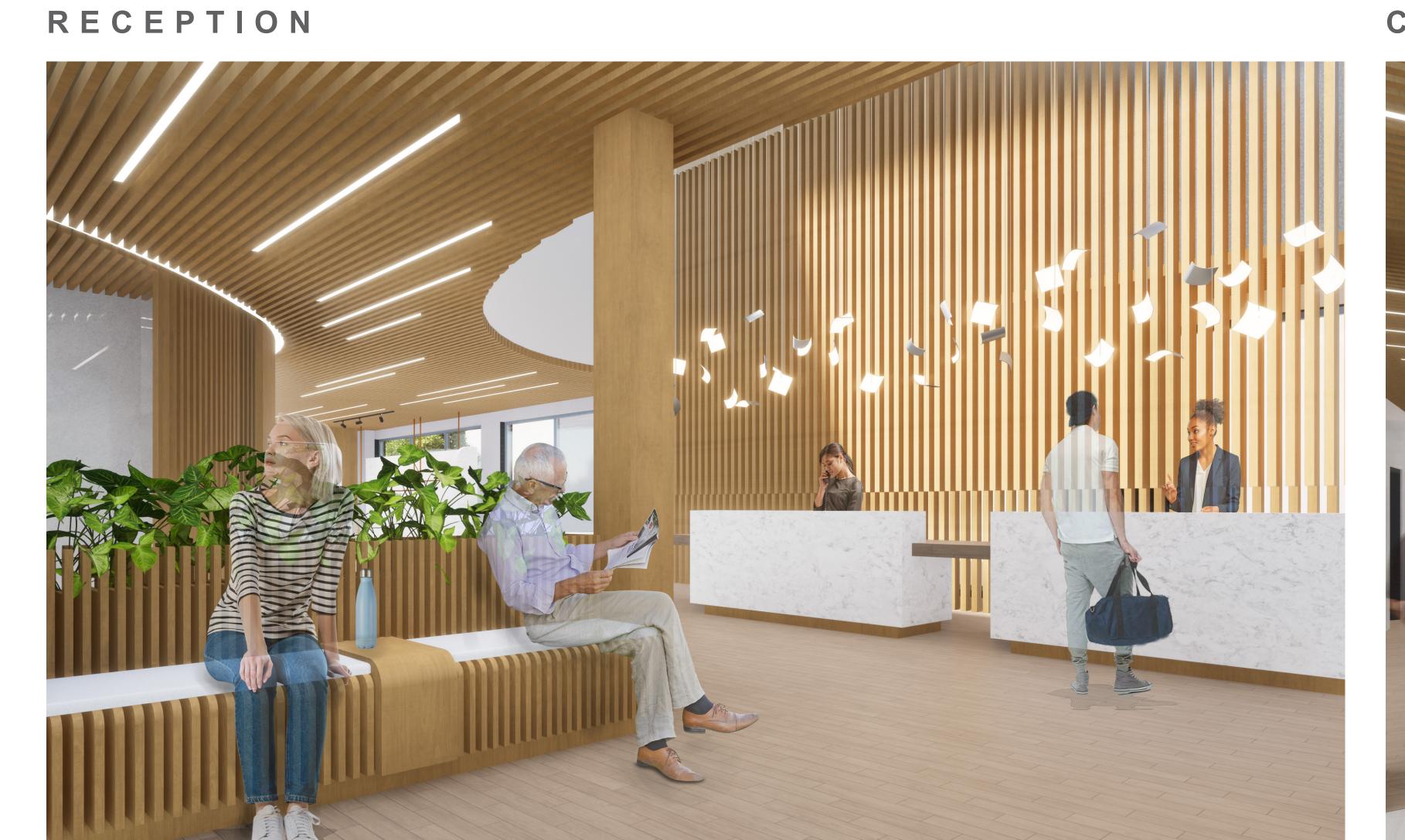


plan / section

WAITING AREA



LONGITUDINAL SECTION



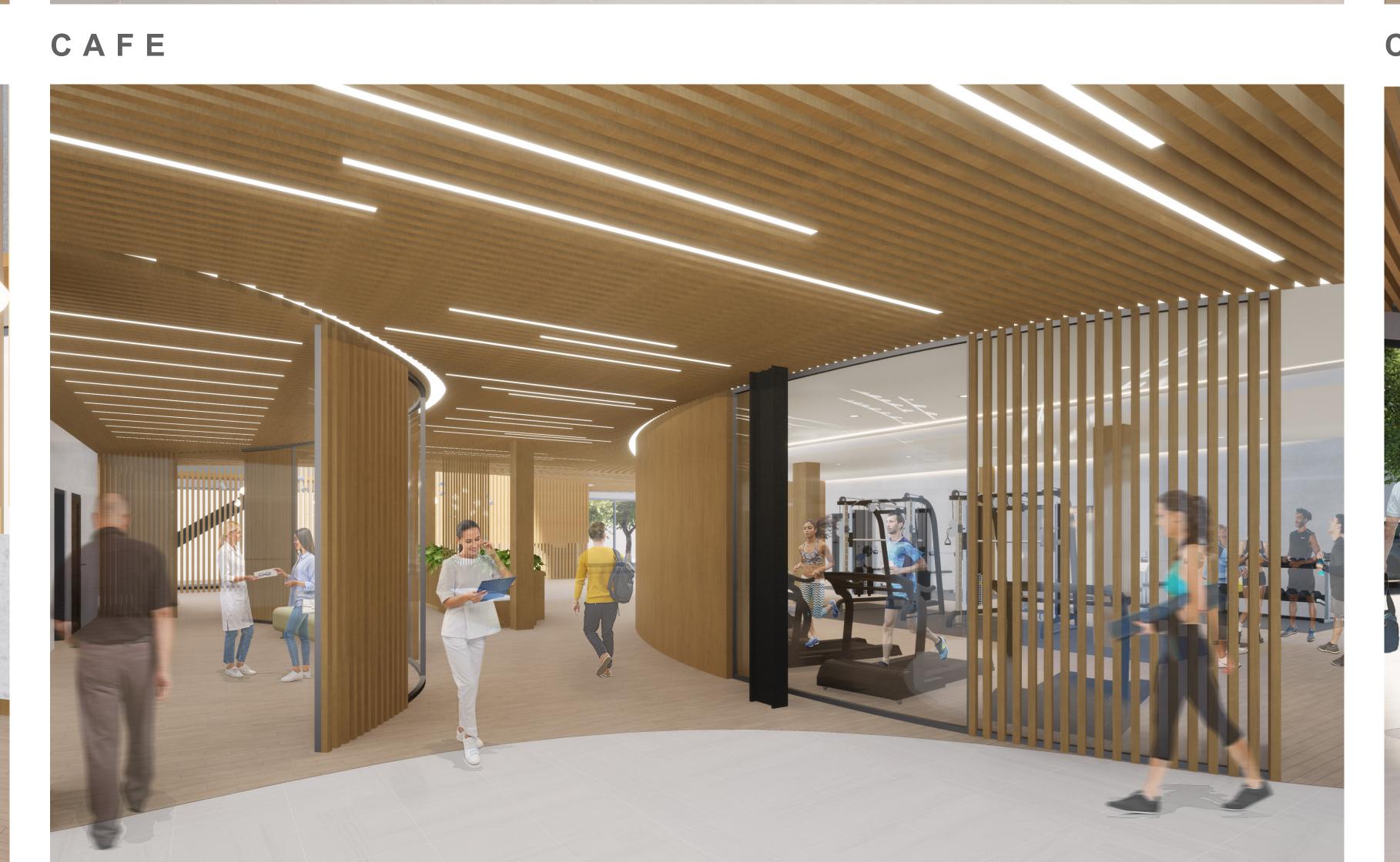
the use of glass allows vi-

details / materials

RECEPTION

CAFE







layering the glass and wood slat to create visibility but

allow some privacy

WALL SYSTEM

—— 2" wood slat

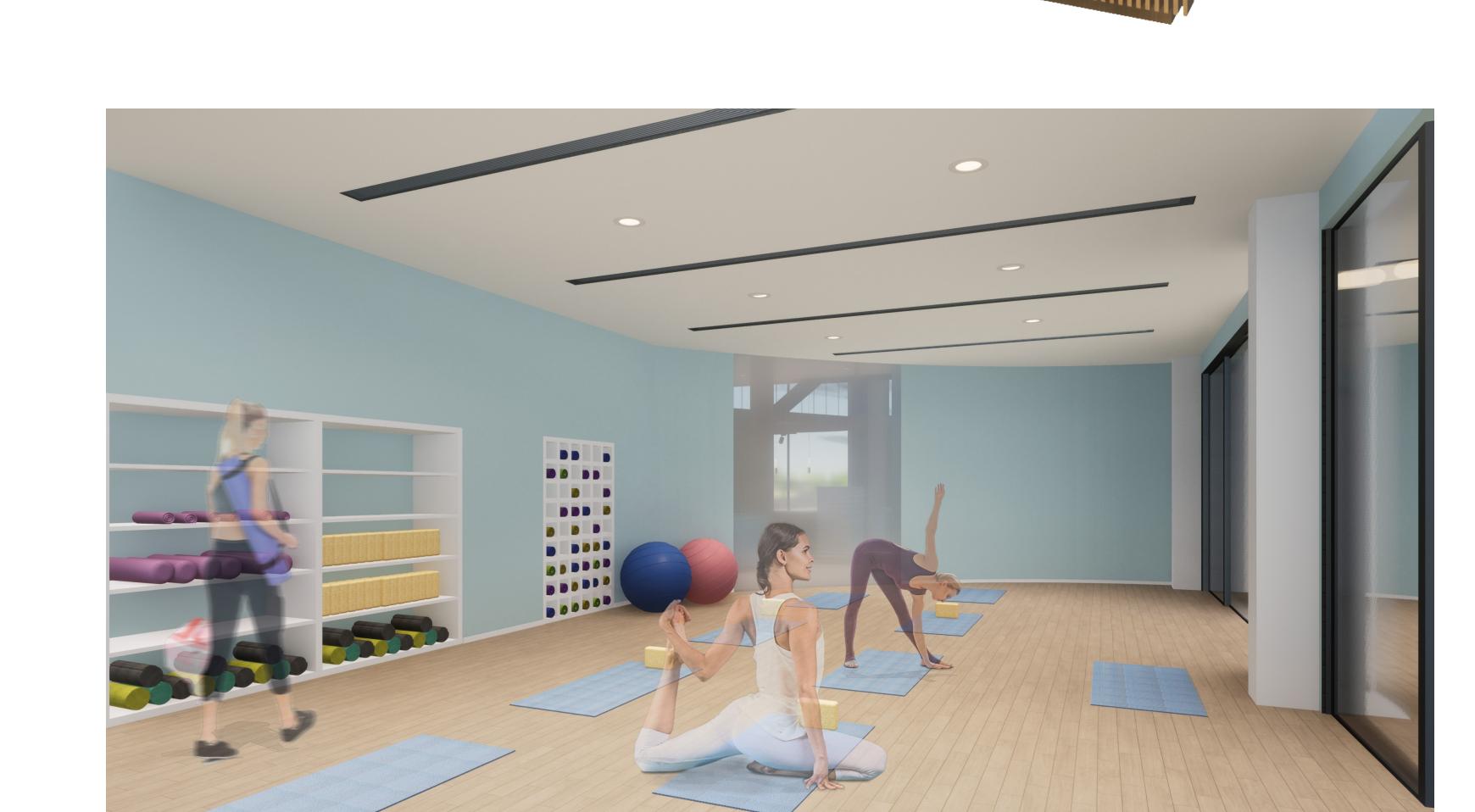
flexible lighting panel creates calm and relax

environment for recep-







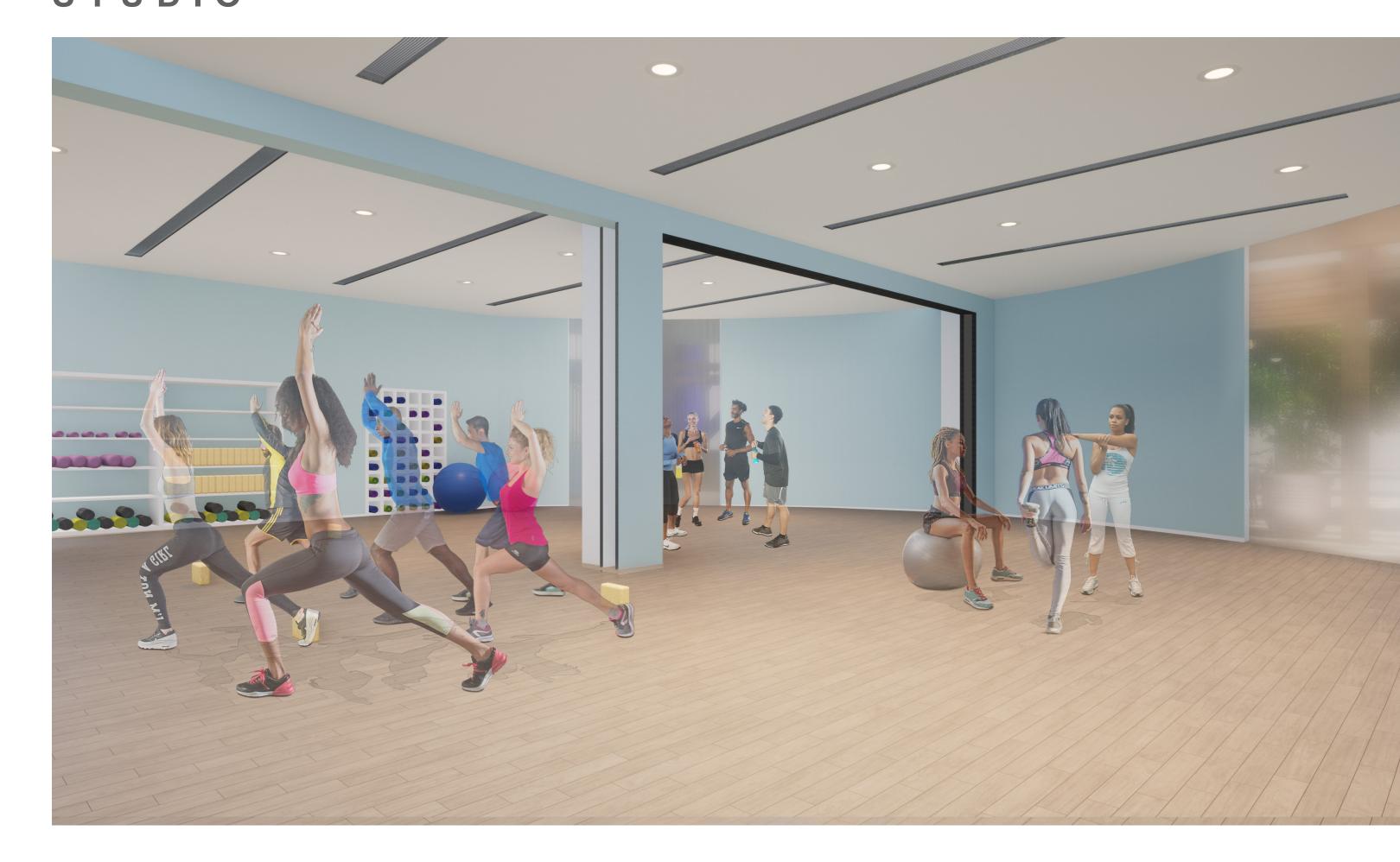


BOOTH SEATING

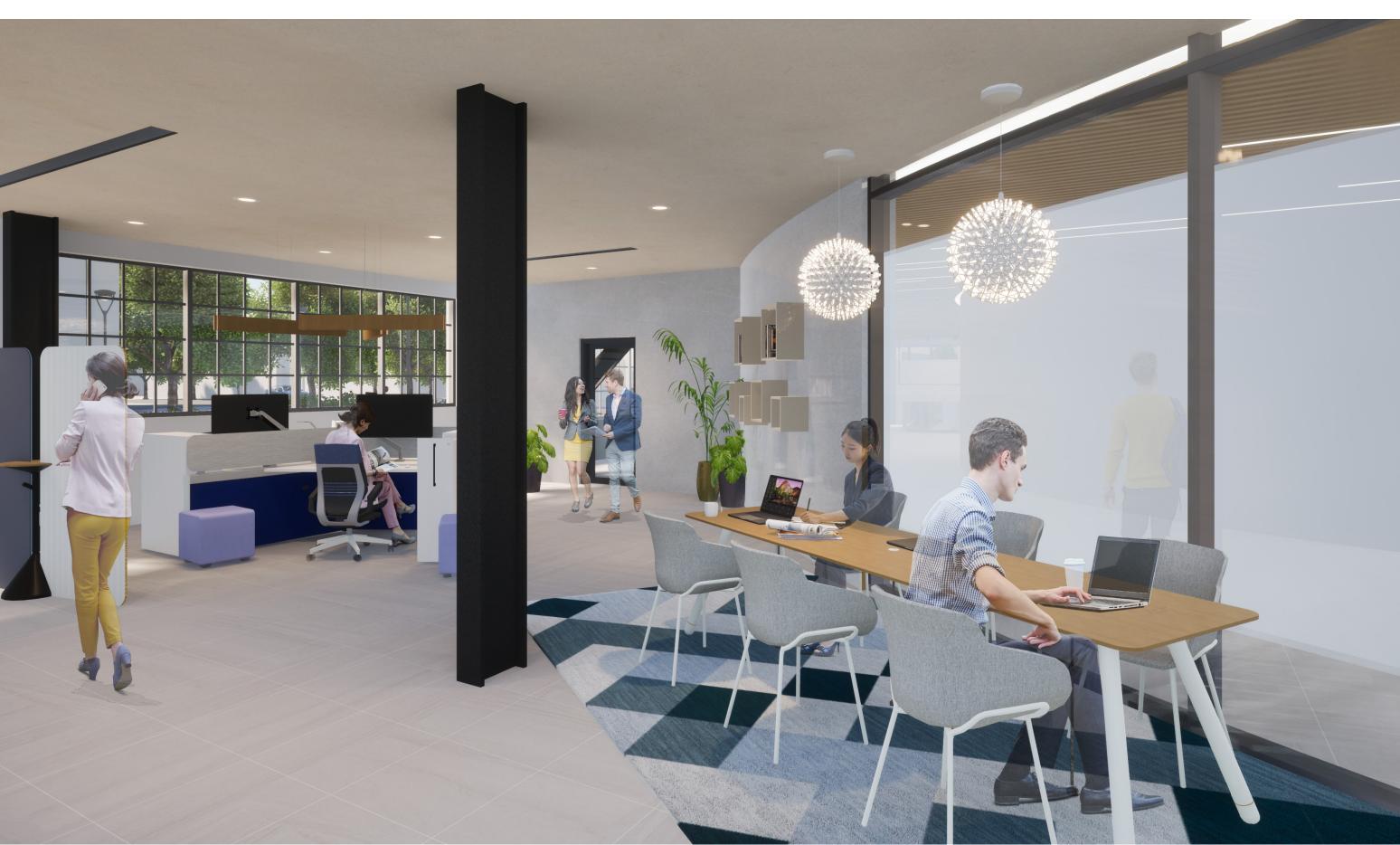
hard surface allows

people to put their drinks while waiting

RETAIL FIXTURES



SLIDING MIRROR OPENS UP TWO STUDIOS THAT ALLOWS FLEXIBILITY FOR LARGE GROUPS



OFFICE

GYM



GENERAL WAITING AREA

ACCESS TO CONSULT ROOM AND GYM

SPORTS CLOTHING RETAIL