A section through a sleeping unit
The small simple units are integral to the environment around them, allowing sunlight to surge deep into each unit, bring the outside in and allowing the outer areas to become part of the individual unit.
The meeting-dining hall. The design incorporates the basic themes of solid masonry supporting walls with light weight site built trusses. A clerestory brings natural light deep within the structure and the raised roof creates room for offices above the main kitchen and a roof terrace with views to the main entrance. The building opens to the south with doors that open into the masonry supports creating a space that during nice weather can open to an outdoor patio.
Back view of final model showing small openings in heavy mass wall and light wood trusses for the roof.
TOP VIEW OF FINAL MODEL PLAN OPENS FROM BACK TO FRONT. MASS AREA AT THE BOTTOM OF THIS PHOTO SHOWS THE MECHANICAL ZONE THAT IS SEPARATED FROM THE MAIN OPEN AREA OF THE BUILDING BY THE ENTRANCE SECTION.
West view of the model highlighting how the thick masonry wraps around the lighter frame core and rises up to catch the upper roof trusses.
South view of model showing how the main meeting area fans out to bring in the outside and allow access to an outdoor patio.
Interpretations and conclusions

This thesis does not end with one building and a new static plan for the Institute.
The basic design that evolved during my work on this thesis is not a finished product but an example of how to proceed. Often architectural works are seen as finished when complete but when working with a larger palette and an open ended timeframe it is that time that must be thought about, to allow for change and evolution of use.
The plan is not developed as a rigid map that must be adhered to, but a system of guidelines to lead future building and to allow interaction of the community as it grows and changes.
Hopefully, over time a coherent development will be built that is not the implementation of a plan
drawn now, but more of a living organism that will change and develop on its own, as influences change and fill in the joints and spaces in the plan, based on the structure applied now.

By developing a new approach to channel continuing and future growth a system develops to help bring about continuity to the process. It is the step-by-step approach that is the cornerstone of this system, to understand that a development can continue without the need for large major buildings. But can develop in such a way as to allow for steady consistent growth and eventually get to a more complete complex system then could ever be imagined at the start. It comes back to the idea of bringing a devastated part of earth back to life one tree at a time. It is only a matter of planting the right trees.

Building is not a separate activity from the whole of the work of the center. Building a building is in itself is an important event. When seen as a part of the larger goals of the community of Gesundheit, the process it self becomes a part of the therapy. Working with one’s hands, is critical for the soul. To allow the actual work on the building to be part of the therapy can only help the building to better reflect the health of the center. And continuing on, it is critical that the health of the planet is part of the equation. How can we heal the individual and poison the earth? A good building for Gesundheit is one that feeds the soul not only of the individual but the community and the earth not only when finished but during construction.
Bibliography


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