

# Environments for Well-Being

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## The Places We Love

Join me for an interdisciplinary introduction to the Design of Well-Being Places. This multi-sensory course builds on innate human spatial preferences, their evolutionary origins, purpose, and relevance in meeting today's sustainability and health challenges.

We will explore the science, building blocks, and patterns of places and spaces humans are hard-wired to love, where designing for cognitive ease and neurological Well-Being reveals itself as the most viable path to dynamic homeostatic resilience. We will explore our biophilic relationship to nature, to sunlight, water, textures and olfactory experiences.

Because over time, we only sustain what sustains us.