

# Your Home and Your Health

## THE FIVE FACETS OF WELLNESS DESIGN IN A PANDEMIC AND BEYOND

By **Jamie Gold**

Mayo Clinic Certified Wellness Coach,  
Wellness Design Consultant and Author



**Covid-19 has transformed our relationship to our living spaces in fundamental ways.**

Rooms that were designed for relaxation are now hosting improvised distance learning setups, extra bedrooms are standing in for offices, and garages are filling up with exercise equipment. Guest rooms might be occupied with returning grandparents leaving nursing homes or college students home for the semester. Not surprisingly, kitchens too are working harder than ever with family members enjoying the majority of their meals at home.

So, where are we relaxing? When we aren't in our overworked kitchens or the rooms being used as remote learning, fitness or office spaces, what do those rooms look like and how well are they working for us? What about the air quality in our homes now that we're spending so many more hours indoors? In other words, how is your home or apartment performing for you?

For too many Americans, the answer is poorly. Until recently, our homes and rooms weren't meant to do all that's demanded of them right now. (Neither were you!)

This informative presentation by Mayo Clinic Certified Wellness Coach, wellness design consultant and author Jamie Gold will provide some practical solutions to enhancing your living space — be it house, condo or apartment!

### Program takeaways:

- Optimize your kitchen for convenient, healthy meal prep;
- Rethink your bedroom for better sleep;
- Create ergonomic work from home and learning spaces;
- Improve your indoor air quality;
- Reduce safety risks at home;
- Why and how to create a self-care space for yourself;
- And much more!



(Simon & Schuster/Tiller Press, Sep. 2020)



WELLNESS

[jamiengold.net](http://jamiengold.net)

