

Saint Sebastian Health and Wellness Center

This year we were assigned to create a working health and wellness center. The purpose is to help our city to become a healthy community and a better community overall. Our city, Springfield Massachusetts, has a drug problem where many people are addicted to drugs, many people are addicted to cocaine, heroin, and marijuana. They are killing their intestines and part of our mission is to help people be the healthiest they can be, so, since our city needs it, we will have a drug addiction help. Also, America is known as one of the most obese countries and so we agreed to add a nutrition class because one of the easiest ways to become obese is bad food choices, we would teach everyone good food choices, and not just what you eat but how much you eat. Our purpose is to provide a place where schools can come for new and unique ways of learning and to help people in the 6 factors of wellness, intellectual, emotional, physical, occupational, financial and environmental.

We would help people intellectually by giving people options that would help them in their studies. We would have tutoring and many other ways to learn including classes on nature, nutrition, drug abuse. To help emotionally we would rent offices to companies that offer psychiatry. To help people physically we would have a gym, many classes that include yoga, basketball classes, personal trainers and correct ways to work out; and we would rent offices to physical therapists. To help occupationally we would have a place where you could post places that are looking for jobs and people looking for a job could go and look one and we would offer volunteer and internship chances. We would help financially by giving people financial help and help managing their money. And finally we would help people environmentally by greeting everyone warmly and having a warm and friendly environment with the employees and the customers.

Our main focus of the health and wellness center is to provide for schools can come for new and original ways to learn and ideas. We had to create exciting ways to attract schools to come to our center. We added some rooms to make our center more fun. The rooms are the VR room, multipurpose sports room and the fun room. For the VR room we created a new way of hands-on learning using the virtual reality headsets. The multipurpose sports room can be adjusted so that you can play any sport you want that we have. And finally the fun room is probably the most fun room we have, inside we have a foam pit and trampolines that bounce into the pit. Also we have a rockwall inside too.

An important part of this project is that we are supposed to have green technologies. Our center has green technologies from windmills to skylights to geothermal heating. We used skylights because it gives us a natural source of light. The skylight will help cut our electric bill because we wouldn't need lights in some of our rooms. The whole multi-sport room would be naturally lighted and we wouldn't use as much electricity also the skylight is known to lighten people's moods. Another green technology is we would have eco-friendly gym equipment. Most of the power we would use is from gym equipment like treadmills, ellipticals, and bikes so we give back to the environment by buying eco-friendly equipment. Another green technology that we would use is windmills. We used small windmills instead of solar panels because in the north

it gets dark early and basically after 4:00 in the winter the solar panels would be useless. So instead of solar panels we had small windmills. The last and maybe the most interesting form of green technologies is the geothermal heating. Geothermal heating is when you drill into the Earth so that the core's heat would heat the building.

Our team has changed drastically over the period of our project. We have all grown in responsibility and leadership. We all improved with working for other people. In the beginning we couldn't agree on anything and over time we started to trust each other. We began to work as one and not as multiple people working on the same project. We all had our part in the project and everyone did something.

After our center is finally made and in the future, it is very important to be able to adapt to the situation. We can use some of the rooms for different purposes and for what the community wants to use it for. We can also change a room's purpose if there is a more important matter. Our employees will be taught sign language in case there is someone who is hearing impaired. We also have activities that teach kids how it feels to be deaf or blind so they can know how it is like. We have fire extinguishers and emergency exits in case something goes wrong. Finally, we have elevators just in case there is someone who is handicapped and we will have handicapped accessible bathrooms.

Our Center used \$1,853,885 to complete our center. This includes the cost of the building (\$1,303,765,) the cost of the employees for one year (\$550,120), 20 one kilowatt wind turbines, advertising, installing, geothermal heating, and inspections. Even though the windmills and geothermal heating is expensive, they provide green energy. We will rent out a physical therapy room, doctors office/urgent care rooms, and a cafe all bringing in profit monthly. Our center will offer monthly memberships for \$20, yearly memberships for \$200. Interns and employees will be given it for free.