

Your Home & Your Health

THE FIVE FACETS OF WELLNESS DESIGN IN A PANDEMIC AND BEYOND

Covid-19 has transformed our relationship to our living spaces in fundamental ways. Rooms that were designed for relaxation are now used for distance learning, remote offices, and more.

So, where are we relaxing?

How is your home or apartment performing for you?



Join us for this virtual presentation by Mayo Clinic Certified Wellness Coach, wellness design consultant and author of *Wellness by Design* (Tiller Press, Sept. 2020) Jamie Gold will provide some practical solutions to enhancing your living space —be it house, condo or apartment!

Tuesday, December 8 at 11 a.m.

Register to receive the zoom link for this event by going to cplevents.org or by scanning the code below.



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Jamie Gold, CKD, CAPS, MCCWC is a Wellness Design Consultant, Certified Kitchen Designer, Certified Aging in Place Specialist and Mayo Clinic Certified Wellness Coach. She is also the author of three books on design and remodeling, including her latest, *Wellness by Design: A Room-by-Room Guide to Optimizing Your Home for Health, Fitness and Happiness*, (Simon & Schuster/Tiller Press, September 2020).

Jamie's professional focus is the link between healthy living and healthy home spaces. She consults for homeowners and the homebuilding industry on this topic, and is a popular speaker at trade shows around the country. This was one of the reasons for Jamie's inclusion in a 2017 industry top 50 Innovators list and being named 2020 Wellness Influencer in another. Jamie's first book, *New Kitchen Ideas That Work*, published in 2012 by Taunton Press. Her second Taunton book, *New Bathroom Idea Book*, published in 2017. Both shared ideas about wellness and functionality, as well as style. An avid trend watcher, Jamie also writes the monthly Trend Spotting section for *Kitchen & Bath Design News* and is a regular contributor to Forbes.com on wellness design. Her articles have appeared in Fine Homebuilding, HuffPost, BobVila.com, Houzz, Blue Zones, *San Diego Union-Tribune* and numerous other publications. Her design blog, Gold Notes: Nuggets from the World of Residential Design, has been posting online at her website since 2008.

In addition to writing and consulting on residential design projects, Jamie creates seminars and webinars for media, trade and consumer audiences, and consults on product development and trends for housing industry corporations and financial analysts. Her speaking credits include the official National Kitchen & Bath Association Chapter Presenters roster and panels at the Kitchen & Bath Industry Show and Dwell on Design.

For more information about the author, please visit her webpage at:
<https://jamiengold.net/>