



# GREEN YOUR SPACE

[ **BY** KARIN BOHNE ]

**W**ith spring on the horizon and the winter season in our rearview, we've probably all made at least one trip to the doctor by now. Like many, I usually despise having to visit the doctor—and just the thought of one of those typical run-down clinics with horrible lighting, a suffocating waiting area and '80s décor makes me shudder! So I was thrilled when I had the opportunity to design a new medical clinic on Seymour Street in downtown Vancouver.

Health is extremely correlative to the surroundings we live and work in. Materials like carpet, paint and furniture can contain off-gassing toxins known as VOC's (volatile organic compounds). These toxins can encourage sickness, and in some cases might actually even be cancer-causing. Poor lighting can contribute to fatigue, headaches and eyestrain, and prolonged time spent in dull spaces can lead to depression and anxiety. With this in mind, I wanted to design a medical clinic that set high standards of comfort and safety.

The result? I'm proud to say that the Coast Medical Clinic is as uplifting, energizing and healthy for the staff and patients...as it is easy on our environment.

**BRIGHT COLOR  
AND PATTERN  
ELEVATES MOOD  
WHILE ADDING  
PERSONALLY TO  
ANY SPACE**

**PHOTO CREDITS: AMANDA OSTER – PROVOKE STUDIOS**

# Tips & Tricks TO REMEMBER FOR A HEALTHY HOME:



**ASK FOR "LOW" OR "ZERO" VOC PAINT** NEXT TIME YOU DECORATE. YOU'LL NOTICE RIGHT AWAY THAT THE PAINT DOESN'T HAVE A CHEMICAL OR PLASTIC-LIKE ODOUR.



**SEEK OUT** LOW-WATER CONSUMPTION OR DUAL-FLUSH TOILETS. THE PRICE POINT IS ALMOST EXACTLY THE SAME AS THAT OF A CONVENTIONAL TOILET AND YOU COULD BE SAVING AT LEAST TWO LITRES OF WATER PER FLUSH!



**YOU DON'T NEED** A DESIGNER TO FIND GREEN AND SUSTAINABLE PRODUCTS. ASK FOR ENVIRONMENTALLY FRIENDLY FINISHES AND PRODUCTS AT YOUR LOCAL BUILDING STORE.



**ADD COLOUR!** COLOUR IS GREAT FOR ENHANCING MOOD. TRY A BOLD FABRIC, PAINT COLOUR OR ACCENT TILE TO LIVEN UP A SPACE AND GIVE YOUR HOME SOME PERSONALITY. IN MY OPINION, COLOUR IS THE BEST PRESCRIPTION FOR HAPPY LIVING! **TV**

**ALL PAINT IS NON-TOXIC ZERO VOC**

**LED LIGHTING IS GREAT FOR SAVING ENERGY AND YOUR LIGHTING BILL.**



**GLASS TILES ARE MADE WITH RECYCLED GLASS.**

**CORK FLOORING IS A NATURAL AND RAPIDLY RENEWABLE PRODUCT.**

**WALLPAPERS IS "FSC CERTIFIED," MEANING THAT THE PAPER COMES FROM RESPONSIBLY MANAGED FORESTS**

**CHAIRS ARE MADE WITH 71% RECYCLED CONTENT.**



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