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Senior Partner at Farrow Partners Architects, Tye Farrow holds a Bachelor of Architecture degree from the University of Toronto, and a Master of Architecture in Urban Design from Harvard University and a Master of Neuroscience Applied to Architecture and Design from the University of Venice, the first Canadian architect to obtain this degree.

Constructing Health: The Elements of Enriched Environments

What if we were dedicated to building places that cause health? This is the challenging question that Tye Farrow asks in this webinar - and he provides evidence to help you answer it. Traditionally, most human cultures had a wholistic approach to wellbeing. This comprehensive view encompassed mental, physical and spiritual health and social well-being and considered the effects of physical environment in addition to diet and lifestyle. Today, ‘health’ has become synonymous with ‘health care’ as the western, evidence-based model extinguished the older view.

However, recent research has confirmed that where one lives has more impact on one's health and wellbeing than the medical system (beyond episodes of serious disease, of course). In this webinar Tye discusses the concept of ‘activated optimal health’, which is driven by space, and the elements of our physical space. It connects recent research on space and architecture's effect on the mind and our ability to thrive.