



CRANSTON
RESIDENTS ASSOCIATION



BUILDING A COMMUNITY AROUND HEALTH AND WELLNESS

Brookfield Residential Calgary's approach to designing Riverstone aimed to maximize the health and wellbeing of the homeowners. It considers health and wellness in all its dimensions, including social, mental and physical. It is rooted in the notion that community design and homeowner engagement can help support healthy lifestyles and wellbeing.

Three Key Considerations:

- **Fostering a sense of belonging and connectedness is key to resident' health and wellness**
We are encouraging human connections sooner and faster in many different forms, including social events as part of early site activation, a homeowners' association to help bring people together, and commercial amenities already established in Cranston Market.
- **Creating spaces that accommodate, encourage and promote active lifestyles for all ages**
Residents of different ages expect amenities and programming that provide options for living healthier lifestyles. Some examples include: outdoor activities like fitness classes, parks that can be utilized by kids and adults, and a community design that promote walkability and bike-ability. Having direct access with the ability to walk to the Cranston Market is another example of promoting an active lifestyle and having commercial amenities to support a variety of needs right in the community.
- **Environmental health is key to personal health**
Health and wellness considers the physical environment as much as the social. By including infrastructure that reduces environmental harm it contributes to the health of residents by ensuring clean air and water for livelihood. The connection and access to the Bow River also promotes healing and spiritual connection to nature when experiencing the energy of the flowing waters.