



Because They Follow Your Every Move

## GreenMe!

### ...from Overwhelm to Enthusiasm for Living Sustainably

As the volatility in the world escalates, many of us are unsure how to prepare ourselves and our families for the rocky road ahead. With the triple threats of economic instability, the end of cheap fuel, and the environmental crisis looming, individuals are looking for a new approach to leading their lives in a way that is consistent with their values, planet-friendly, and sustainable through the unexpected. Through classes, group discussion, and individual assignments, this course provides a comprehensive framework for enhancing your personal sustainability, from mental preparedness, to choices around consumption habits and physical needs (eg. food, energy, transport).

#### Participants will leave with:

- A greater understanding of, and appreciation for, the critical and interdependent nature of the global issues facing us, and the implications for each of us
- An emotional resolve and clarity on the way forward
- A personal sustainability plan, with focused action underway
- A network of like-minded individuals each on their own sustainable living journeys

#### This program is designed for:

- People who want to live in a more earth-friendly way and are not sure where to start
- People who want to be more prepared for the unexpected
- Individuals who are concerned about Peak Oil, Climate Change and Economic Instability and want to make changes to improve their personal situation

#### Format:

Two formats are currently offered. The Primer course consists of 4 bi-weekly classes, starting in May 2010. The Advanced course is also conducted bi-weekly, over a period of 9 months. In-person as well as webinar/teleconference formats are available.

#### UPCOMING PRIMER GreenMe! COURSES

Bi-Weekly Thursdays 11:30am-1:00pm  
Sharon / Holland Landing, Ontario  
**May 13, 27, June 10, 24, 2010**

Bi-Weekly Thursdays 7:00pm-8:30pm  
Teleclass / Webinar format  
**May 13, 27, June 10, 24, 2010**

Fee: \$79/person  
Household Special: \$110/couple

**FIRST CLASS IS FREE – Open to Anyone!**

#### RSVP:

416-238-7966

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to register for the Free Class or the Entire Program