

Become Part of the Global Warming Solution!

Learn About How You Can Go On “A Low Carbon Diet”

A 30 Day Program to Lose 5000 Pounds (of CO₂ emissions)

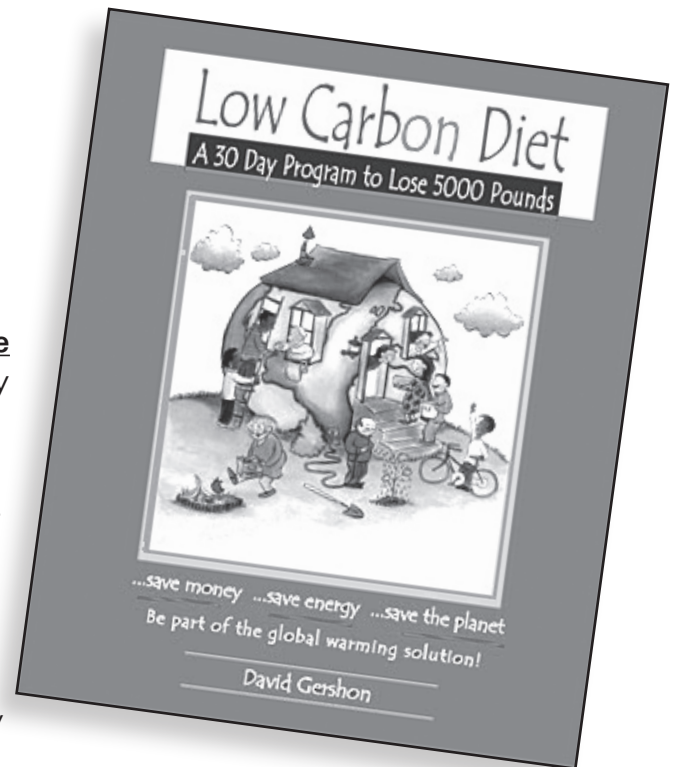
This Program is a fun, accessible, easy to use guide that will show you, step-by-step, how to dramatically reduce your CO₂ output in just four sessions.

Grounded in over two decades of environmental behavior change research, this illustrated workbook offers much more than a list of eco-friendly actions. It walks you through every step of the process, from calculating your current CO₂ “footprint” to tracking your progress.

By making simple changes to actions you take every day, you’ll learn how to reduce your annual household CO₂ output by at least 15%. And, for those who are more ambitious, you’ll discover how you can become “carbon neutral” and help your workplace, local schools, and community do the same.

By Participating in the Program You’ll Learn How To-

- * Calculate your CO₂ footprint with our “carbon calculator”
- * Create “cool household systems” that save the Earth while saving you money
- * Take on “cool lifestyle practices” that reduce CO₂ emissions without cramping your style
- * Purchase carbon offsets to become “carbon neutral”
- * Form a Low Carbon Diet “EcoTeam” with friends, colleagues, co-workers or your faith community



“Participating in this 4 session program opened up my eyes and helped me and my family change our habits in a fun and empowering way. We reduced our carbon emissions from 56,000 pounds per year to 36,000 and are still losing! It’s fun, easy and life-changing.”

-Linda Currie, Low Carbon Diet Coordinator

Need Some Help Getting Started?

For support in forming a group, facilitating, getting workbooks, and information about the program, you can **contact-**

Linda Currie by phone or email

Phone: 510-851-2552

Email: lcurredesign@aol.com