

WELCOME TO THE LIVING SMART PROGRAM !!

The program will follow the Living Smart Action Guide and each week we will look at different chapters of the guide. Below is a schedule of what chapters will be covered each week. Please read the relevant chapters before coming to the workshop, this way we can expand on and discuss the information in the booklet rather than simply presenting the same information again. Many of the chapters contain an activity and these should also be done before attending the workshop.

Good luck, we hope you enjoy the program.

Week One, February 11th	Ch1: Sustainability and what it means to you Ch2: Simple and Smart Living
Week Two, February 18th	Ch3: Smart Thinking: the power of goals
Week Three, February 25th	Ch4: Waste Smart Ch5: Garden Smart
Week Four, March 4th	Ch6: Power Smart Ch7: Water Smart
Week Five, March 11th	Ch8: Health Smart Ch9: Indoor Air and Chemical Smart
Week Six, March 18th	Ch10: Move Smart Ch11: Smart Action
Week Seven, March 25th	Ch12: Living Smart - conclusion
