

Come hear about the

# Low **CARBON** Diet

A 30 day program to lose 5,000 CO<sub>2</sub> lbs  
and watch the engaging animated DVD

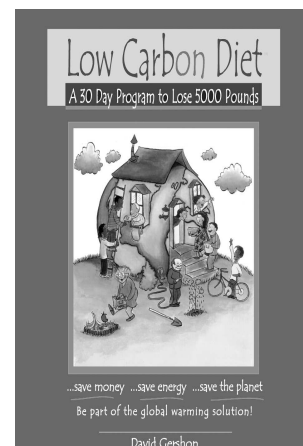
## *The Story of Stuff*

Thursday March 26, 7 – 9 PM  
Wilmington Public Library

This “30 Day Program to Lose 5000 Pounds” is a fun, accessible, easy to use guide that will show you, step-by-step, how to dramatically reduce your CO<sub>2</sub> output in just a month’s time.

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 CO<sub>2</sub> “footprint” to tracking your progress.

“This book is fabulous! It couldn’t be more timely”  
Denis Hayes, co-founder of Earth Day



**Save \$\$\$\$\$\$. Save Energy. Save the planet.**

Facilitated by Conversations for Green CT members Pam Wheeler and Carol Springer, we’ll discuss *The Story of Stuff* and invite you to four more Low Carbon Diet sessions in April & May. “Diet” participants may borrow a Low Carbon Diet workbook from the library, or order your own ([www.empowermentinstitute.net/lcd](http://www.empowermentinstitute.net/lcd) or amazon.com.)

Families Welcome! All events are Free and Open to the Public.

Conversations for Green CT is a local group inspired to raise awareness of how our choices impact our environment.

**For more information, call 860-487-5506 or email [carol@mtcwc.com](mailto:carol@mtcwc.com)**

