

Green Albany's "Low Carbon Diet"

Lower Your Household Carbon Footprint

Age: All

Join us for an engaging, hands-on educational series aimed at reducing your household CO₂ output to curb climate change in just four sessions and a little over a month's time. This "Low Carbon Diet Program" is a fun, supportive way to learn how to dramatically reduce your impact on the environment, save money and foster a Greener Albany. The course includes the award winning "Low Carbon Diet" workbook by David Gershon.

The course will walk you through every step of reducing your household CO₂ output, from calculating your current CO₂ "footprint" to tracking your progress towards reducing emission pounds. During this course you will learn to:

- *Calculate your current CO₂ "footprint"
- *Create and identify opportunities to reduce your "footprint" within your household, life style and community
- *Save energy and money
- *Become a "Low Carbon Diet" leader and form eco-teams within your community

\$15 material fee paid to instructor on first day of class

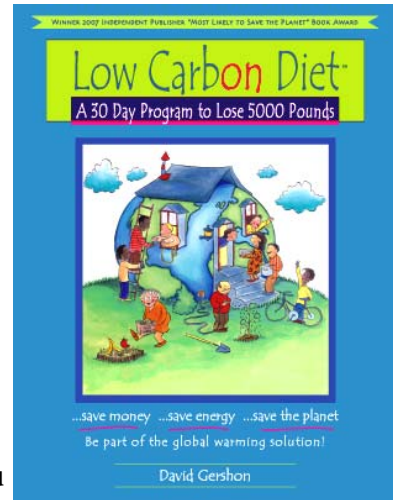
DATE	DAY	TIME	MEETS	ALBANY RES	NON-RES.
Mar 2-Apr 13*	Mon	6:30-8 pm	1x	Free	\$10

Instructor: Linda Currie

Location: Albany Community Center, EOC

Min: 5; Max: 10

*No class on Mar 9, 23, Apr 6



Albany Recreation & Community Services Department
Address: 1249 Marin Ave.
Telephone: 510-524-9283

