



Natural Living Workshop Series

All Natural Living workshops run from 6:30 - 8:30 pm & are held @ Green Calgary, #100, 301 - 14th St. NW



Care for Yourself, Care for your Planet

Thur Feb 2 @ 6:30 pm

Making Personal Care Products. How to choose natural PCPs; make your own shampoo, deodorant & toothpaste to take home and try out!

Clean Greener: Learn to Make your Own Green Cleaner

Thur Feb 9 @ 6:30 pm

How to choose non toxic products; make your own all-purpose cleaner, tub scrub & toilet bowl cleaner to take home and try out!



Upcycling the Everyday

Thur Feb 16 @ 6:30 pm

How to reduce your waste and learn to upcycle common everyday items in order to give them a new use (a material list will be provided to registered participants to transform into something new!)

From Coffee Grounds to Healthy Ground: Composting and Soil

Thur Feb 23 @ 6:30 pm

Health

Intro to outdoor composting and vermicomposting. Learn how to test your soil and the importance of soil health growing a great garden/lawn. We'll cover composting basics, too!



Bokashi: Compost Made Easy!

Thur Mar 2 @ 6:30 pm

An intro to composting with Bokashi that is great for newbies and recent converts. Learn all about what it is, its many uses, and why it is such a helpful method for composting here in Calgary. Participants will make their own starter Bokashi mix to take home and try.

Green Calgary Members - \$10 / Non Members - \$20; register online

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Since 1978, Green Calgary has been a leading urban environmental charity empowering Calgarians to green the way they live, work & play.

Greening Life Together since 1978 | Green Homes & Communities | Green Workplace | Green Kids | EcoStore

eco BOOT CAMP

become
yyc achieve
challenge eco green
intensive
work environment commit new learn weekly

Join us for this 4-week course and become the "greenie" you've always wanted to be! Course topics include:

- energy efficiency & conservation
- water conservation
- waste reduction
- food sustainability
- non toxic cleaning and personal care

\$75/person
(includes GST)

You'll get a workbook that includes helpful tips, checklists to help you incorporate practical green solutions, great green products to try, and a handy way to keep track of the practical actions you can implement immediately in your home. And thanks to funding from an Eco Action Grant, we can offer a **\$25 rebate** off the full cost of the course when participants complete their 1 month follow up survey!

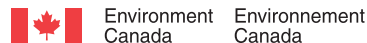
4 Consecutive Thursday nights
March 9, 16, 23 & 30

Learn more about programs and register at greencalgary.org/green-homes-communities



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