



A special invitation to Volunteers

Low Carbon Diet Workshops

Learn and share how to save on power bills and live Climate Smart through **FREE** one day workshops.



The Low Carbon Diet workshop is an interactive, cost effective way to learn how to reduce carbon emissions, and a way to connect and work together with members in your local community.

The Strength Based workshops provide:

- Training based on your existing strengths, feelings and knowledge
- Methods and resources on how to establish and reach goals
- Ways to encourage positive lifestyle changes to your family, friends, colleagues, clients and community members

This program is sponsored by the Qld Environmental Protection Agency to raise awareness of climate change and encourage community groups to spread and multiply energy saving efforts within households and organisations.

Discover how **big differences** can be made **through small changes in our lifestyles** – register now.



Atherton

Thurs 4th February

International Club, Kennedy Highway

Innisfail

Thurs 11th February

Community Support Centre
13-17 Donald St Innisfail

Gordonvale

Thurs 25th February

RSL Hall, Gordon St.

Port Douglas

TBA

For further information:

Tracey Dickinson

Community Development Facilitator

programmes@fnqvolunteers.org

Tel: 07 4041 7400