



A Green Change Agent is a person whose presence, actions or thought processes cause a change from the conventional way of handling or thinking about the protection of the environment.

Green Active Living



Cost: FREE for Green Change Agents or \$45
Date: Wednesdays, 4:00 p.m. to 7p.m. (Oct 14, 28, Nov 11, 25 and Dec 9, 2009)
Duration: 3 hours
Location: Black Creek Community Health Centre
Facilitated by: Ann Phillips, Ara'guacu' Onile Wellness Dojo

Session Overview:

This session will encourage you to explore Pathways to Active, Healthy and Eco-Friendly Living. You will learn how to be active, healthy AND environmentally friendly! You will:

- Examine your life and identify what is important to you.
- Learn about many of factors influencing your health.
- Examine the basics of optimum health
- Learn strategies to reduce stress.
- Learn how environmental contaminants/toxins can affect your health and what to do about to reduce your exposures. Discuss strategies to become more active & learn new exercises.
- Explore environmental justice and environmental racism. See a video on the environment and your health or your kids health
- Find out about resources and green spaces in your community
- Make a commitment to yourself to change what you can!

Take the United Way CN Tower Climb Challenge! Get in shape while raising funds for a worthy cause. To register with Jane/finch Centre, contact Juanita at 416-663-2733 ext. 222 or Roxana at ext. 249 to learn on how to register online. You can also come by to sign the waiver form or send it to us with a friend and we will be happy to register you. These hours will count toward your Green Change Agent training requirement.

Tel.: (416) 663-2733 x 411



PROGRAM OVERVIEW

This session is a part of a comprehensive 45-hour environmental training program for Green Change Agents. Call to find out more about the program and have the opportunity to earn money conducting green home audits in Jane Finch.

REGISTRATION AND CANCELLATION PROCEDURE

It is important to register AT LEAST 48 hours before each session you wish to attend. Plan ahead! Register NOW. Any session with less than 7 people registered will be cancelled. We will give a minimum of 24 hour notice of cancellation on our voicemail and our website calendar of events. You are welcome to attend any session that is confirmed.

<p>Jane Finch Green Change Agencies:</p>	<p>Training Provided By:</p>	<p>Project Partners:</p>	<p>Project Funded By:</p>
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