

ECO-PEI Course: Live lightly, save money

Up to twenty Islanders will soon have the opportunity to live more lightly and save money. That's because the Environmental Coalition of P.E.I. is again offering EcoLiving 101, an eight week course intended to help people adopt new personal actions that will be good for the environment and their pocketbook.

The course will cover a series of actions that participants can implement in their homes and lifestyles, in addition to addressing broader environmental issues. "The course provides a balance between environmental awareness and environmental action" says instructor Rod Dempsey. "This is important because when we understand the connections between our actions and the environment, what we do becomes more meaningful and it is easier to stay motivated."

Taking environmental action often results in cost savings and the course comes with a savings guarantee. Participants who are not able to identify annual savings at least equivalent to the course registration fee will be entitled to a refund for the difference.

EcoLiving 101 Quick Facts

When: Every Tuesday night (7 to 9) from February 10 to March 31.

Where: Room 25C, Holland College Charlottetown Centre.

Course Outline:

Week 1: You and Me on Planet Earth

Week 2: Conserving Electricity

Week 3: Conserving Water

Week 4: Reducing Heating Requirements

Week 5: Personal Transportation

Week 6: Food Choices

Week 7: Material Consumption

Week 8: Outside Practices

Course Details: Go to www.ecopei.ca and follow the link to EcoLiving 101.

Registration: Call the ECO-PEI office at 566-4696 or send an email to rdempsey@isnhighspeed.ca

Cost: \$75.00