

## ***A World of Health: Connecting People, Place and Planet***



A six-session guide that explores "good health," the connections between human health and the environment, and how we can sustain both. Themes explored include Each session includes readings, links to video clips, short assignments and accompanying group discussion questions. The course discusses limitations of the current medical model and its approach to health, then addresses the places where our personal health intersects with the environment — from our food and homes, to our communities and society. Throughout the course you will find individual actions that promote good health and in turn, promote a healthier environment.

95 pages

Price \$21

## ***Sustainable Systems at Work***



A five session guide for the workplace, designed to further sustainability practices through the engagement of employees throughout the organization. This guide evaluates the current economic model and considers the case for change, while examining the concept of sustainability from an organizational perspective. 73 pages

Price: \$35.00

## ***Menu for the Future***



A six session guide exploring the connection between food choices and sustainability, and each individual's role in creating or supporting more sustainable food systems. Readings included explore food systems and their impacts on culture, society and ecological systems. Agricultural and individual practices that promote personal and ecological well-being are addressed. 110 pages

Price: \$21.00

## ***Global Warming Changing CO<sub>2</sub>urse***



A four session guide exploring the history and science of global warming, and how personal values, habits and actions can curb its effects. Readings included explore strategies for addressing climate change and consider personal actions to mitigate the effects of global warming. 84 pages

Price: \$21.00

## ***Voluntary Simplicity***



A five session guide promoting living lightly and simply in order to maximize personal well-being and planetary health. Readings address the distractions of modern society that keep us from caring for ourselves, our relationships, and our environment. 96 pages

Price: \$21.00

## ***Choices for Sustainable Living***



A seven session guide exploring the meaning of sustainable living and the ties between lifestyle choices and their impacts. Readings explore steps that can be taken to move toward ecologically sustainable organizations, lifestyles, and communities. 124 pages

Price: \$21.00

## ***Healthy Children-Healthy Planet***



A seven session guide addressing the pervasive effects of consumer culture on a child's view of the world, and exploring ways to develop a child's connection to nature. Readings explore ways to create meaningful family times and healthful environments for children. 109 pages

Price: \$21