

## Learn About and Get Involved in Sustainability – Supplementary Materials and Local Events

Supplements:

### **[30 Day Program to Lose 5,000 Pounds](#)**

*A fun, accessible, easy to use guide that will show you, step-by-step, how to dramatically reduce your CO<sub>2</sub> output in just a month's time.*

Events:

### **[Climate Change—Actions for a Low Carbon Diet](#)** (Free)

September 24<sup>th</sup> @ 1:00

Selby Library

*Nina Powers of Sustainable Sarasota speaks about how to live more sustainably.*

### **[Sarasota County's First Gold Certified Building](#)** (Free)

September 25<sup>th</sup> @ 1:00

North Sarasota Library

*Enjoy a presentation about the building and maintenance of beautiful North Sarasota Library and learn how its green features promote sustainability for our community.*

### **[How to take your Ecological Footprint](#)** (Free)

September 27<sup>th</sup> @ 2:00

Gulf Gate Library

*Dr. Carolyn Gregov will explain how every individual person leaves an ecological footprint that can be reduced.*

### **[An Inconvenient Truth](#)** (Free)

September 28<sup>th</sup> 2:00 – 4:00

Venice Public Library

*Watch the Academy Award winning documentary on climate change featuring Al Gore.*

### **[“Make It Green” Seminar](#)** (\$25 plus \$12 if lunch desired)

September 29<sup>th</sup> 8:30 – 4:30

Selby Gardens

*Held by My Green Buildings and the Marie Selby Botanical Gardens, this seminar provides information on how to green your home.*

### **[Vision – Sustainability by Design](#)** (\$45)

October 4<sup>th</sup> 12:00 – 1:30

Fred's Restaurant

*Find out how even small companies can take steps toward sustainability with changes that are beneficial and cost-effective.*

**Low Carbon Diet Discussion Group**

(\$13 one time fee)

Mondays, Oct. 22<sup>nd</sup> – Nov. 12<sup>th</sup> 7:00 – 8:30

Whole Foods Meeting Room

*This group is a four session course designed to guide you to save money, energy, and the planet. The program offers concrete, practical guidance in lifestyle practices, household systems, and empowering others. Contact Jessie Williams, 941-363-0868.*

**Sustainable Communities Workshop**

(TBA)

October 31<sup>st</sup> and November 1<sup>st</sup> 8:00 – 3:00

Gulf Coast Girl Scout Headquarters

*An interactive workshop where university, federal, and local leaders show you how to promote renewable energy, meet housing and transportation demands, and plan developments to take advantage of natural systems.*

**Efest**

(Free admittance)

November 17<sup>th</sup> 9:30 – 6:00

Lakewood Ranch Polo Grounds

*Efest brings together community leaders from government, business, not-for-profit organizations, families, retirees and students with a passion for preserving our beautiful natural environment and quality of life.*