

CLIMATE DESTABILIZATION: OUR LONG SLOW EMERGENCY
Sunday, February 25, 2018, 6:30-8:00pm



PRACTICES & ACTIONS TO CREATE RESILIENCE
4th Sunday of each month

In these sessions we focus on creating resilience,
individually and in our communities.

We'll practice deep breathing, meditation,
and guided imagery, to calm and center ourselves
so we can function at our best.

In the February 25 session we focus on what we can do to lower our ecological impact.
We'll determine the number of earths needed to support our individual lifestyle
using the Ecological Footprint Calculator, a quick 5-6 minute quiz.
The calculator can be accessed from your cell phone
or if you prefer you can take the quiz in advance. See the link below.

***Join us for an informative session followed by discussion ~ Free! Open to all! ~
No experience necessary.***

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Oasis Café in Carr Mill Mall
200 N. Greensboro St, first floor
Carrboro, NC

If you are unable to join us, you can use the Ecological Footprint Calculator to discover your impact:
Link to the quiz: <http://www.footprintcalculator.org/>

Sponsored by a group of concerned citizens:
Betsey Downing, Marty Adams, Tana Hartman Thorn,
Dirk Kelder & Jim Sander

For more information, see <https://betseydowning.com/upcoming-events/>