A person in a red and white checked shirt is standing behind the handlebars of a yellow bicycle. In their right hand they are holding a mesh bag filled with pears. The bicycle has a brown wire basket in front which is filled with beverage bottles.


ONLINE SEMINAR

In this session, we will explore some steps you can take towards greener living and how to guide your family to living more sustainably. We can help you connect intentions with actions for better mental wellbeing.

*(Typical seminar runtime: 20 minutes)*

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The letters "eap" are below a radiating sun which contains a person with upraised arms

**Guiding Your Family to Greener Living**

**APRIL 2023**