



# Less Waste - Zero Emissions

## FREE Workshops & Tours



The Mental Health Foundation ACT (MHF) is hosting a series of **FREE** hands-on workshops and tours over the next six months to encourage people to reduce their household waste.

Workshop Schedule:-

Afternoon Tea provided for small donation

- |                    |                                                                                                                                                                                                      |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 19th February 2019 | <u><i>Plastic Free Life</i></u><br>1:00pm—4:00pm<br>Chifley Health & Wellbeing Centre - Cnr Eggleston & Maclaurin Crescents, Chifley                                                                 |
| 26th February 2019 | <u><i>Re-Purposing with Candice</i></u><br>1:00pm—4:00pm<br>George Street, Oaks Estate                                                                                                               |
| 12th March 2019    | <u><i>Efficiently &amp; Economically Heating &amp; Cooling your Home</i></u><br>1:00pm—4:00pm<br>Chifley Health & Wellbeing Centre - Cnr Eggleston & Maclaurin Crescents, Chifley                    |
| 19th March 2019    | <u><i>Sustainable House Tour followed by Op Shopping</i></u><br>Bus leaves at 1:00pm - returns to Chifley 4:00pm<br>Chifley Health & Wellbeing Centre - Cnr Eggleston & Maclaurin Crescents, Chifley |
| 23rd April 2019    | <u><i>Water Saving / Drought Proofing Your Home</i></u><br>1:00pm—4:00pm<br>Chifley Health & Wellbeing Centre - Cnr Eggleston & Maclaurin Crescents, Chifley                                         |
| 30th April 2019    | <u><i>Edible Home Garden</i></u><br>1:00pm—4:00pm<br>Canberra City Farm, Dairy Road, Fyshwick                                                                                                        |
| 14th May 2019      | <u><i>Winter Gardening</i></u><br>1:00pm—4:00pm<br>Canberra City Farm, Dairy Road, Fyshwick                                                                                                          |

More to come.....

Register your interest NOW by contacting MHF on **6282 6604** or by email on [info@mhf.org.au](mailto:info@mhf.org.au)

Learn more about MHF and what MHF does by going to [www.mhf.org.au](http://www.mhf.org.au)