



## Events

# transition streets GEELONG

**September 8th**

## What is Transition Streets Geelong about?

Join us for an informative, heart warming afternoon where you will hear from the President of Transition Australia, Mary Stringer. She is one of the co-authors of the TSG book.

Hear from members of Transition Streets in Geelong on how their group operates, what they have learnt, what they are getting out of their involvement with this grass roots movement.

**October 20th**

## How and why to transition to a Plant Rich Diet

Eating a Plant Rich whole food diet is the 4th most important action according to the book Drawdown; The most comprehensive plan ever proposed to reverse global warming". It is also the best strategy to prevent and reverse the major western diseases and have vibrant health.

Think eating a plant-based diet means salads every day? Discover the richness of sweet and savoury foods from various cultures at a big tasting table made by Eileen Sims and the team at Feast Geelong.

Secondly, Eileen will do a cooking demonstration to help you on your journey.

There will also be a talks from a medical panel featuring a plant based doctor, dietician and nutritionist who can answer questions too.

**November 17th**

## Sustainable Transport Options

Let's explore electric vehicles, e-bikes, bicycle riding, public transport, car-pooling, car sharing and long-distance transport options and game changing lifestyle choices for work and play.

Hear from an expert or 2 and locals who've made some big shifts.

[HEAD TO OUR FACEBOOK PAGE FOR EVENT DETAILS.](#)

*Transition Streets* are fun little neighbourhood groups for renters and homeowners.

People get together with interested neighbours to make our homes and even our streets more energy efficient, more independent of resources, abundant with local food, waste free, creative, healthier and more enjoyable places to live.

For a small amount of time you can make a big difference! It's free to join us and we support you.

Ask us how to get started.



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