

# Voluntary Simplicity

*"The course has given me a sense of hope and support for a happier, healthier, more balanced life."*

- Communications consultant, Portland, Oregon

**VOLUNTARY SIMPLICITY IS A SEVEN-SESSION DISCUSSION GUIDE FOR THE WORKPLACE, COMMUNITY CENTER OR HOME.**

**PARTICIPANTS IN THIS DISCUSSION COURSE WILL:**

Gain an understanding of the meaning of voluntary simplicity

Explore the material and psychological distractions that prevent us from caring for Earth

Consider how life might be enriched through the practice of simplicity

**DISCUSSION CIRCLE STARTING SOON IN THIS NEIGHBORHOOD!  
Find out more at a free introductory meeting.**

**WHERE:**

**WHEN:**

**SIMPLE LIVING FOR A SUSTAINABLE FUTURE  
In Maryland and the District of Columbia**

Simplicity Matters Earth Institute  
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**FOR INFO ABOUT THIS MEETING, CONTACT:**

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