

# Northwest Earth Institute (NWEI) Discussion Guides

## A World of Health

### 7 sessions

What does “good health” mean, and how can we enjoy it individually and collectively? Topics: *Redefining Health* ♦ *Eating Well* ♦ *Cleaning House* ♦ *Building Healthy Communities* ♦ *Curing Consumption* ♦ *Healthy Planet/Healthy Self* ♦ *Wrap-Up*

## Choices for Sustainable Living

### 8 sessions

How do our lifestyle choices impact the earth? How can we move toward ecologically sustainable organizations, lifestyles and communities? Topics: *Call to Sustainability* ♦ *Ecological Principles* ♦ *Buying* ♦ *Food* ♦ *Communities* ♦ *Business and Economy* ♦ *Visions of Sustainability* ♦ *Wrap-Up*

## Discovering a Sense of Place

### 8 or 9 sessions

What does it mean to develop a bioregional perspective? What are the potential benefits of knowing and protecting the place where we live? Topics: *A Sense of Place* ♦ *Responsibility to Place* ♦ *Knowing Your Bioregion* ♦ *Living in Place* ♦ *Mapping Your Place* ♦ *Building Local Community* ♦ *Empowerment* ♦ *Wrap-Up*

## Global Warming: Changing CO<sub>2</sub>urse

### 5 sessions

How do our personal values and habits relate to climate change? What can we do to curb global warming? Topics: *Off Course* ♦ *Collision Course* ♦ *Changing Course* ♦ *Setting a New Course* ♦ *Call to Action—Wrap-Up*

## Menu for the Future

### 7 sessions

Which agricultural and individual practices promote personal and ecological well-being? How can we create and support sustainable food systems? Topics: *What’s Eating America* ♦ *Anonymous Food* ♦ *Farming for the Future* ♦ *You Are What You Eat* ♦ *Towards a Just Food System* ♦ *Choices for Change* ♦ *Wrap-Up*

## Reconnecting with Earth

### 7 sessions

How do our personal values affect the way we view and treat the earth? What does it mean to take *personal* responsibility for Earth? Topics: *Wild Nature* ♦ *Shifting Paradigms* ♦ *Nature and Spirit* ♦ *The Universe Story* ♦ *Ecopsychology* ♦ *Bringing it Down to Earth* ♦ *Wrap-Up*

## Voluntary Simplicity

### 6 sessions

What material and psychological distractions keep us from caring for ourselves, for our relationships, and for our environment? Topics: *The Meaning of Simplicity* ♦ *Living More With Less* ♦ *Making a Living* ♦ *Do You Have the Time?* ♦ *Living Simply on Earth* ♦ *Call to Action—Wrap-Up*

## Healthy Children—Healthy Planet

### 8 sessions

How do the pervasive effects of advertising, media, and our consumer culture influence a child’s view of the world? How can we foster children’s connection to nature? Topics: *Cultural Pressures* ♦ *Family Rituals and Celebrations* ♦ *Advertising* ♦ *Food and Health* ♦ *Time and Creativity* ♦ *Technology and the Media* ♦ *Exploring Nature* ♦ *Wrap-Up*



## To start or join a circle, contact:

**In Maryland and DC:** [www.simplicity-matters.org/info](http://www.simplicity-matters.org/info),  
or our regional coordinators:

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