



**The Good Life Club @ Carlton**  
**Saving Money, Being Healthy, Having Fun**

Dear **Resident**,

We wish to warmly invite you to attend the **introductory session** of our innovative new sustainable living course, which **WILL** be starting in Carlton on:

**Tuesday 20th March, 2 – 4pm**  
**at the Carlton Library Meeting Room (upstairs),**  
**667 Rathdowne St., North Carlton**

The **'Good Life Club'** course will then continue every fortnight for 8 weeks.

So please come along on Tuesday, meet the course leaders, Karen and Joe, and learn more about what we have planned. Just to give you a taste....

Our course is all about saving money, being healthy, having fun **AND** looking after our natural environment responsibly for our benefit and for future generations.

The Good Life Club will cover an exciting range of topics and activities about living well and sustainably. Members will learn great tips for growing food successfully in small gardens ....and actually tasting healthy home grown food too !!

The club will help people save money on water and energy costs and the hundred and one other things that eat up our dollars and cents. We also plan to have **FUN !!**

Because the club will meet every fortnight for 8 weeks, members will have the opportunity to learn and trial ideas and share successes. If you have always promised yourself that you will grow something tasty and enjoy it and want to share in the fun with new friends you will love this club.

The lead presenter in the Good Life Club is Karen Bembridge. Karen is passionate, practical home gardener, trained sustainability presenter and a key member of the Shoestring Gardening group.

Supporting her is Joe Natoli, a dynamic, entertaining and highly experienced sustainability educator who has worked extensively in local Carlton area schools and the community.

PTO .....

**The cost of this course is \$12 per individual session or \$6 for concession card holders, paid at the venue. Cheaper rates apply for payment of the full course fee before the second session.**

**Bookings are ESSENTIAL - if you have not done so already, please** phone COTA Victoria on **9655 2125 to register**

**For further information** phone the COTA Green Sages Coordinator John Lawrence on 9655 2139 or email: [consumers@cotavic.org.au](mailto:consumers@cotavic.org.au)

**Do hope you can join us for 'Week 1' next Tuesday !!**

Yours sincerely,

Joe, Karen and John