



## Voluntary simplicity

One big issue coming up over and over again in the discussions on taking better care of the environment is consumption. We are encouraged to consume local produce, organic food, fair trade, and to recycle our waste.

However, in order to seriously reduce our carbon footprint in the near future, we need to think more about the issue of consumption in itself.

With consumption rising waste increases yet happiness doesn't! Increasingly, people are finding that a simple lifestyle does not only contribute to sustainable living but also to reduced stress and increased well-being.

If you're interested in finding out more about voluntary simplicity, please sign up with Christien van den Anker (0761-479626) or check the PAGE website for the details.