

Making Waves 2008

Being the Change

Sharpham Centre

21st Century Living: How Low Carbon Lifestyles Improve Your Quality of Life

Wednesday 27 August
7.30pm - 9.30pm

Mukti Mitchell

What is a low carbon lifestyle, and how will it make you happier? In 2007, carpenter and author Mukti Mitchell sailed around Britain to promote low carbon living. In this talk he explains how to reduce your carbon footprint and how this will improve your quality of life, drawing on his own 10 years of experience.

Mukti Mitchell has long been passionate about low carbon living and his carbon footprint is five tonnes a year – half the national average. In 2004 he designed the *Resurgence Personal Carbon Dioxide Calculator*, first in an independent survey of carbon calculators online. In 2005 he designed and built the zero-emission *Explorer* microyacht, nominated “Innovative Boat of the Year”. And in 2007 he wrote *The Guide to Low Carbon Lifestyles* and sailed around Britain, endorsed by The Prince of Wales and Britain’s political and environmental leaders.

Fee: £5.00, plus donation to the teacher

For more details please contact:
The Secretary, Sharpham Centre

01803 732542 centre@sharphamtrust.org

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