

# Mind your (Ps & Qs) Rs

**Duration: 1 - 1.5 hours**

Everyone cares about the environment, but we may not be fully aware of the environmental problems around us. Or, if we are, it may be that we are not sure about how to get started to become part of the solution.

## **Workshop Takeaways:**

- This fun game-based workshop focuses on how you can mind your Rs to understand how simple changes in your lifestyle can bring about BIG change
- Walk away with tangible actions & pledges that you will be able to follow-through in your daily life.

