

## **Healthy People, Healthy Planet: Making the Connections between Wellness and Sustainability**

A dialogue among caregivers and people working for sustainability

This fun and inspiring evening will forge new connections among Rhode Island's wellness and sustainability communities, to discover new ideas and solutions that support wellness of people and the health of our planet. We'll use an interactive format called The World Café, which offers the opportunity for lots of small conversations and mingling. After a brief introduction to sustainability principles and holistic health principles, we will explore two BIG questions relevant to caregivers and sustainability professionals alike:

- *How could we bring the goals of personal health and sustainability together in how we work for positive change?*
- *How would your lifestyle and caregiving/sustainability work change if your own wellness, the wellness of the people you serve, and the wellness of our environment were equally important?*

This event will be facilitated by Beth Tener and Pat Daniel of New Directions Collaborative.

### **Thursday, January 6<sup>th</sup>**

6:00pm: Potluck: please bring light food/refreshments to share

6:30–8:30pm World Café dialogue and networking

### **Memorial Hospital, Sayles Conference Room 1, 111 Brewster Street, Pawtucket, RI**

Take RIPTA Bus #79 to Memorial Hospital. Free parking is available.

**Integrative Medicine @ Brown** is a new forum at Brown University for interdisciplinary collaboration in integrative medicine. It is sponsored by the Department of Family Medicine at Brown Medical School. Integrative Medicine @ Brown advances the principles and practice of integrative medicine at Brown University, its affiliated hospitals, and in the wider community.

**The Apeiron Institute for Sustainable Living** was established in 1994 to transform RI into a sustainable state: a Rhode Island where the needs of the present are met without compromising the needs of future generations. Apeiron acts as a catalyst to create healthy communities by promoting sustainable living practices. [www.apeiron.org](http://www.apeiron.org)

**New Directions Collaborative** is a facilitation, training, and consulting firm that helps catalyze networks of people and organizations to collaborate to achieve sustainability goals. [www.ndcollaborative.com](http://www.ndcollaborative.com)