

# Want to make a green difference, but feel it's all a bit too hard to do anything of significance?

GreenMums is a local network of mothers who want to share ideas on how to lead greener and healthier lifestyles. It's not about who's greener, nor about completely abandoning your current way of life. It IS about small changes in the home. These changes inevitably ripple outward to our local community and ultimately impact globally.



As mothers, we are arguably the biggest influence of change within our households. Decisions on what we eat, how we live and how we get there in an everyday context can make a significant difference within our families and translate out of the home to our friends and wider family.

With this in mind, GreenMums Torquay is a supportive and informal group of likeminded people getting together to share ideas, books, websites, knowledge and experience relating to living healthier lives with a broader focus toward a healthier planet.

**GreenMums Torquay meet at Café Moby on the first Thursday of each month at 10am.**

For more information, contact Stacie on 0404 025 158 or go to [www.greenmoms.com](http://www.greenmoms.com).



GreenMums Torquay is a member group of the global GreenMoms network.