

APRIL 2019 | ISSUE 4

Live Green. Love Green

A Monthly Newsletter by East Coast Eco Solutions



MORE GREEN LIVING RESOURCES

Article: What is Green Living?

Guide: 5 Simple Ways To Fight Global Warming

List: 30 Ways To Stop Global Warming

Special Offer: Green Energy Resource Pack

Happy April!

The time to make a difference is NOW

Do you worry about the future of our planet but are uncertain of how you can have a positive impact? Do you want to improve your health and save money while making a difference at home and in your community?

If you answered YES to these 2 questions then you're in the right place and ready to embark on an exciting adventure.

There are so many little things that you can do to make a BIG difference and East Coast Eco Solutions is here to provide the resources you need to reach all of your green living goals.

Check out what's new this month and start making changes that truly matter today.

What is Green Living?

Understanding what it means to be green

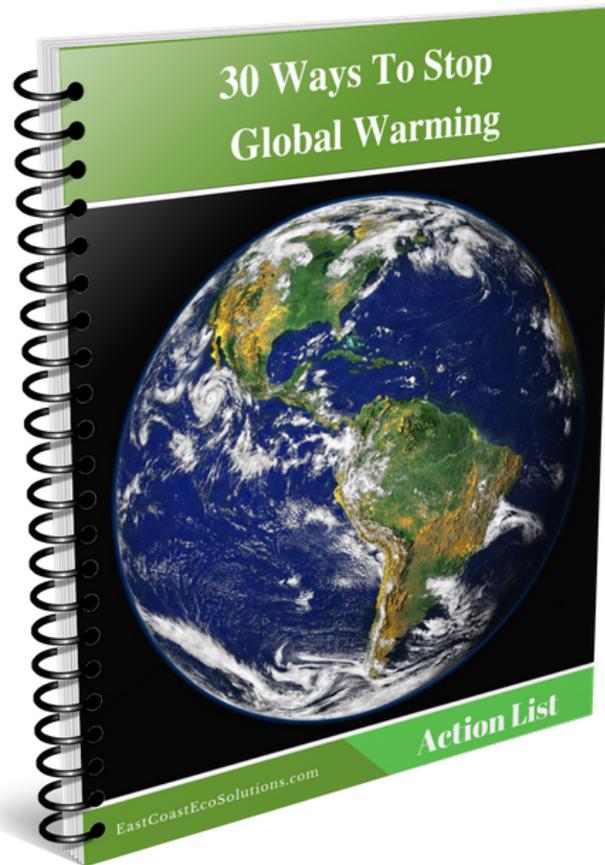
There are various facets to our day to day activities, starting from what kind of food we eat, to what type of cloth we put on, to our power consumption capacity, to what technology we use in our everyday life, to what mode of transportation we take, to what investment we make. Green living is making choices that promote the sustainability of our health, our communities, and our environment.

I tend to view green living as a sort of continuum that is highly personalized and looks different for everyone involved. It is an extension of healthy living that helps people and the planet and is the act of living with the intent of interacting with the environment in a way that prevents as much harm to it as possible. The goal is to change the purpose of how we live and create a balanced lifestyle that works with nature rather against it. This is possible when personal awareness is tended to and eco-conscious choices are made in our daily lives.



Free Resource

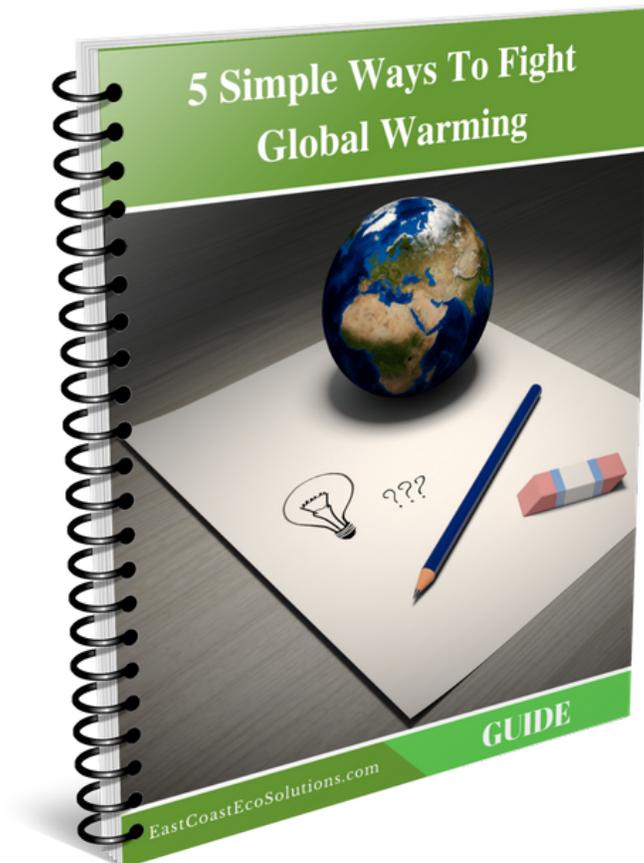
30 Ways To Stop Global Warming



Sometimes simple things can get overlooked, it's time to go back to basics with this free action list. These 30 tips to stop global warming are a great reminder of all the little things we can do to make a big difference.

Member Resource

Guide: 5 Simple Ways To Fight Global Warming



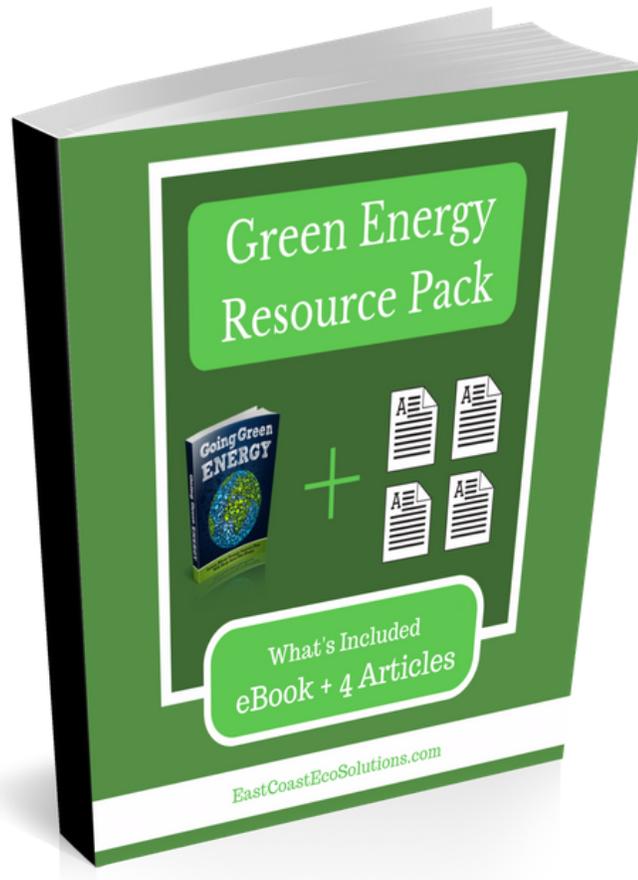
The first step towards caring for the environment is the awareness of these problems. To be conscious of the earth's situation is to be aware of our actions. It is only through awareness that we will be able to act properly towards earth's rehabilitation.

The earth goes through a cycle and global warming is a part of it. What makes global warming an issue among environmentalists and scientists are the rapid increase in temperature and concentration of greenhouse gases. These changes could lead to a rapid change in climate patterns that may be destructive to us.

Discover how you can start making a difference today with this months members only guide '5 Simple Ways To Fight Global Warming'.

Special Offer

50% off Green Energy Resource Pack



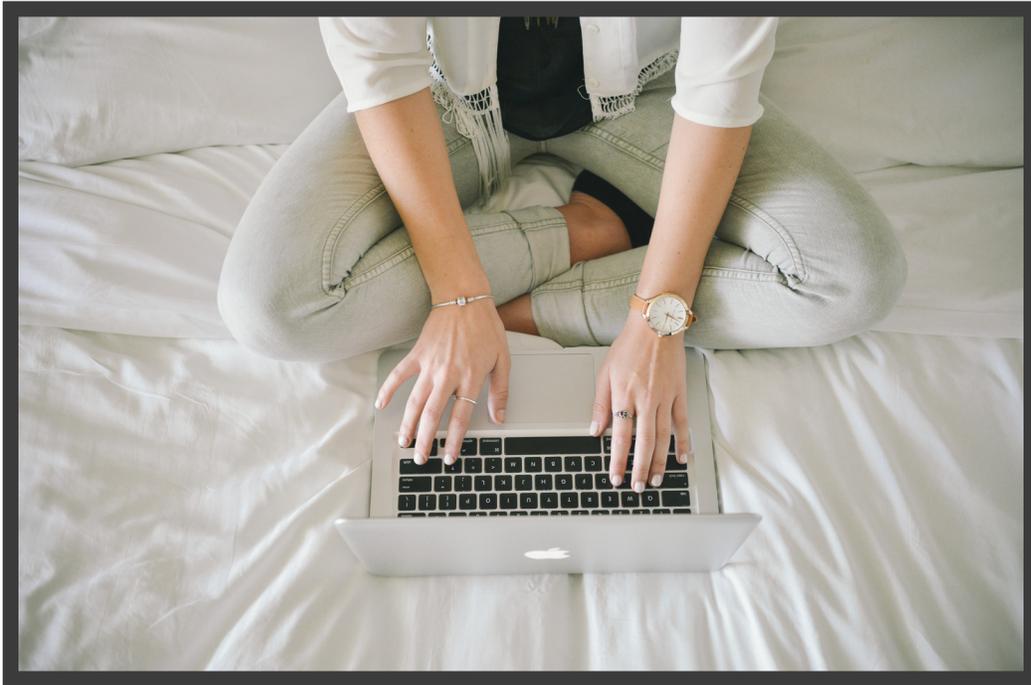
Coupon Code: GERP50

Green energy has become quite the hot topic, but how much do you really know? Discover all you need to know about green energy and how you can start making a difference today with this resource pack which includes an Ebook and 4 articles. designed to help you improve your health and save money while protecting the planet.

The following are included in the Green Energy Resource Pack:

- Going Green Energy eBook (36 pages)
- 5 Ways Your Home is Losing Energy, and What to Do About it
- Green Energy in the Average Family
- Green Energy Tips
- Saving Money on Your Energy Bill

Upcoming Blogs



April 1st: Medication Safety Week

April 3rd: Gardening Tips For Beginners

April 4th: National Walk To Work Day

April 12th: National Make Lunch Count Day

April 14th: Greening Your Garden

April 15th: Keep America Beautiful Month

April 19th: National Hanging Out Day

April 22nd: Earth Day

Additional Resources

available at EastCoastEcoSolutions.com

Annual Green Living Planner

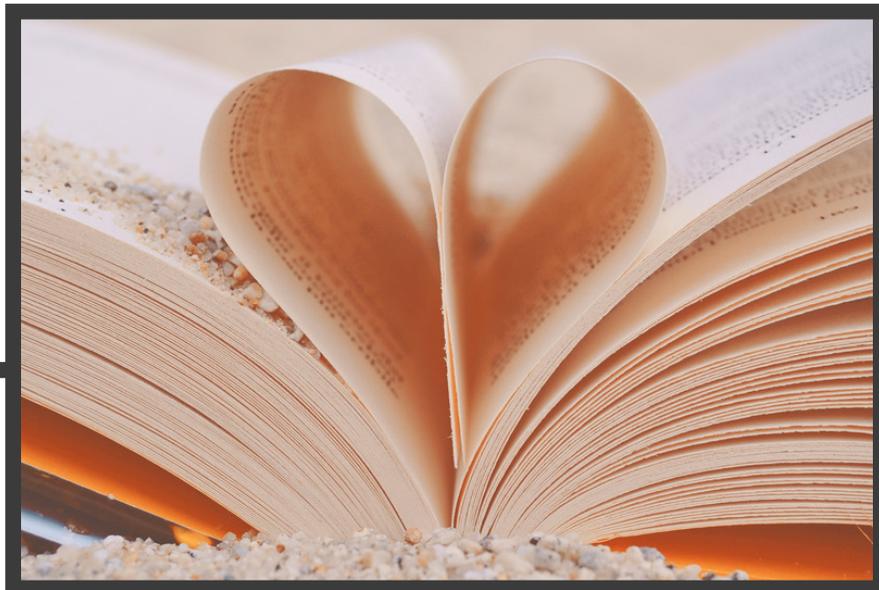
52 Weeks of Eco Solutions Newsletter

Action Guides & Worksheets

Ebooks & Resource Packs

Environmental Facts & Stats

Eco Education & Coaching



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