

## GOING GREEN IN YOUR HOME TIPS



### Use Smart Power Strips

– They automatically cut off power when devices aren't in use, saving energy.

**Go Paperless** – Opt for digital bills and receipts to reduce paper waste.

### Plant Shade Trees –

Trees help cool your home naturally, lowering the need for air conditioning.

## WHAT IS CLEAN ENERGY?

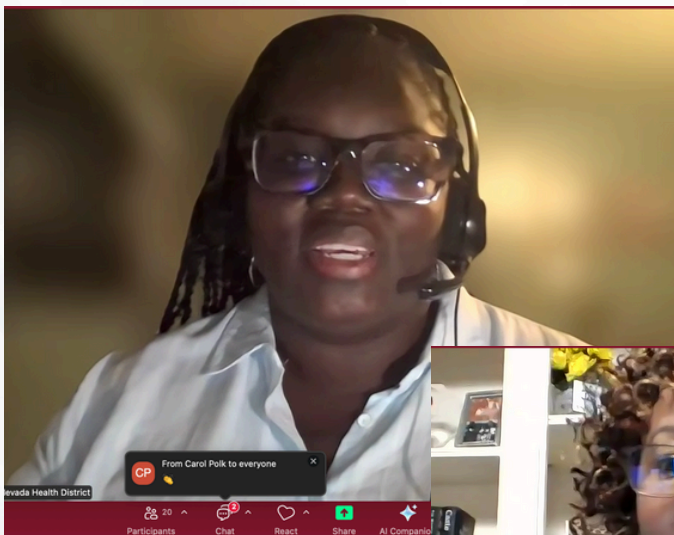
Clean energy is power generated from renewable sources such as sunlight, wind, and water. Unlike fossil fuels, it doesn't release harmful greenhouse gases or pollutants. By choosing clean energy, we reduce our carbon footprint, protect natural resources, and support a sustainable future.

## UPCOMING EVENTS

### HOME ENERGY & AFFORDABILITY WORKSHOP

Friday, October 17, 2025  
9:00 AM – 11:00 AM PST

RSVP:



## SEPTEMBER WORKSHOP RECAP: ADDRESSING CHRONIC DISEASE

In September, CHR hosted a workshop on "Addressing Chronic Disease" with guest speaker Animeh Harvey, MPH, Senior Health Educator. Ms. Harvey shared valuable insights on prevention, management, and community resources available to support individuals living with chronic health conditions. The session engaged 20 participants via Zoom, reflecting strong interest in building healthier lifestyles and increasing awareness of long-term wellness strategies.

See the links for more information. Thank you.

### SNHD Community Calendars:

Get Healthy Events Calendar:

<https://gethealthyclarkcounty.org/community-calendar/>

Viva Saludable Events Calendar (Spanish):

<https://www.vivasaludable.org/calendario/>

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