



# FLEX YOUR WAY TO PLASTIC-FREE!

## Are you ready to put a stop to needless plastic in your community?

The Story of Stuff Project is linking up with Bag It! to run an exclusive round of our Citizen Muscle Boot Camp- an online program designed to equip you with the basic changemaking skills that you need to go plastic-free.

Completely online, the Boot Camp begins Monday, October 13th and runs for four weeks through Monday, November 10th.

Each week you'll begin your workout by watching videos, engaging in interactive exercises and discussions and getting your citizen muscle nice and strong. The current Boot Camp commitment is estimated at two-hours per week.

**WHO:** You and other rad plastic-fighting changemakers

**WHAT:** A four-week changemaking program:

Week 1 // PURPOSE: Revealing your Plastic-Fighting Purpose  
Week 2 // TALK: Developing your Plastic Rap  
Week 3 // GROW: Connecting to other Plastic Crusaders  
Week 4 // PRACTICE: Making a Plan of Action

**WHERE:** Online at <http://bit.ly/bagitmuscle>

**WHEN:** October 13th-November 10th

**WHY:** To build a better world with less plastic!

## WANNA REGISTER?

<http://bit.ly/bagitmuscle>

## GOT QUESTIONS?

email: [allison@storyofstuff.org](mailto:allison@storyofstuff.org)

THE STORY OF  
**STUFF**  
PROJECT