

Are you a mom?

**Are you concerned about toxic chemicals in your air, water,
food or household products?**

Are you ready to do something about it?



The Collaborative on Health and Environment, in partnership with MOMS (Making Our Milk Safe), invites you to a training to teach mothers about environmental health science. Our goal is to give you a basic scientific understanding so that you can be more confident as an advocate for a healthier world.

Why a training just for moms? We believe that moms hold a special place in society and can be powerful spokespeople for protecting their family's health, which in turn can protect everybody's health.

The training will be held at Commonweal (www.commonweal.org) in Bolinas, CA on March 2-4, 2011. The site overlooks the Pacific Ocean – a perfect place for learning and to get a break from the day to day. The training will cover the following:

1. **Pre-natal and early life exposures to toxic chemicals**, how they can increase risk for disease and health problems in the immediate and long-term and the complexity of how they relate to other risk factors (for example, nutrition, stress or genetics).
2. **Possible responses when there is not scientific certainty** about the health impacts of chemical exposures (also referred to as the precautionary principle).
3. **Practical exercises** so that you can practice using your scientific understanding to speak out in various advocacy efforts.

We will provide a comfortable and supportive environment where we can build a community of moms working to get pesticides out of our children's schools, leading public education, shutting down polluting industries and changing policies.

We don't have to be scientists to advocate for a healthier world. But a better grounding in science can help us be better communicators, more credible advocates and more effective change-makers.

This training will address some basic things people can do in their everyday lives to avoid chemical exposure, but will primarily focus on evidence-based science in lay language that you can use for advocacy. **Acceptance into the training is based, in part, on a commitment to apply what you learn to social change.** However, we will not take positions on specific pieces of legislation or expect participants to have any specific political views.

The training is free, and travel scholarships may be available. In order to maximize the learning process, we will keep the training to a limited number of participants. We will also be able to accommodate some or all participants' children (though if you would like a couple of days away by yourself, that is fine too).

If you are interested, **please answer the following questions below and send your reply to Heather Sarantis at heather@healthandenvironment.org.** Questions 5-8 are for information only and will not be used in determining acceptance into the training.

1. Why are you interested in this training? What would you like to get out of it?
2. How familiar are you with environmental health science?
3. How do you think you might use a training that primarily focuses on environmental health science?
4. What is your experience doing advocacy and/or public education at the local, state, national or international level (it does not need to be specific to environmental health)? Are you currently active in environmental health advocacy of any sort?
5. We recognize that it is not always simple for mothers to travel. Would you be interested in bringing your child/children to this training? If so, how many children? How old are they? Would you only be able to participate if you can bring your children?
6. Please let us know if you would like to request a travel scholarship.
7. Where do you live?
8. How did you hear about this training?

Priority consideration given to applications received by January 15, 2011.

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The Collaborative on Health and the Environment (CHE) is a diverse partnership of individuals and organizations working collectively to advance scientific knowledge and effective action to address growing concerns about the links between human health and environmental factors. It is a program of Commonweal.



MOMS is a national grassroots movement of mothers working to create a healthier, safer environment for our children. We engage in education, advocacy and corporate campaigns aimed at eliminating the presence of toxic chemicals in our environment, our bodies and our breast milk.

