

Recycle Beyond the Bin!

Visit Recycle Row at the Healthy Living Expo for a no-charge opportunity to recycle non-traditional materials

OUTDOOR RECYCLE ROW

The following items will be collected at the **outdoor** recycling stations:

-  **Batteries** - collected and recycled by **BatteriesPlus** + (no alkaline batteries)
-  **Pet Products** - collected by Garland Animal Services and Pawsibilities. e.g., dry food, leashes, towels, etc.
-  **Document Shredding** - (limit 4 boxes per vehicle) Secure on-site shredding by Alliance Document Shredding
-  **Electronic Devices** - e.g., computers, laptops, televisions and cell phones
-  **Household** - clothing, books, CDs, records and tapes, children's clothing, dishes, DVDs and VHS tapes, home décor, toys, games - collected by Goodwill Industries
-  **Medical Equipment** - e.g., walkers, wheelchairs, scooters, bath chairs, etc. - collected by Comfort Keepers
-  **Habitat for Humanity** - furniture, appliances, hardware, fixtures, cabinets (good condition)



INDOOR RECYCLE ROW

The following will be collected at the **indoor** recycling stations:

-  **Medications** - unwanted or expired prescription and over-the-counter medications - collected by Garland Police Department
-  **Eye Glasses** - prescription eyeglasses and sunglasses, reading glasses, frames and accessories - collected by Lions Club
-  **Plastic Bags** - grocery and retail shopping bags, clear bags, stretch wrap, black plastic bags, plastic wrap that is stretched around cases of drinks and canned goods, plastic sheeting, drop cloths and cleaner bags

For updates or more details about Recycle Row, visit www.GoGreenGarland.org

Learn about the importance
of personal health, safety
and environmental issues at the

Healthy Living Expo

Follow me
to see
what's
new!



Healthy You! Healthy Earth!

SPONSORED BY:

CITY OF GARLAND, GARLAND ISD,
BAYLOR MEDICAL CENTER AT GARLAND,
GARLAND CHAMBER OF COMMERCE

www.GoGreenGarland.org
for more information & to volunteer!

Saturday, Sept. 27, 2014
9 a.m. to 1 p.m.
Curtis Culwell Center
(formerly known as Special Events Center)
4999 Naaman Forest Boulevard

FREE Admission and Parking

FREE Bag to the first 750 families

FREE Giveaways at many booths

FREE Health Screenings

- ✓ Cholesterol Testing
- ✓ Blood Pressure
- ✓ Bone Density
- ✓ Lung Function
- ✓ Blood Sugar
- ✓ Vision
- ✓ Ask a Doctor *by Baylor*

Seasonal Flu Vaccine — *low cost*

Pneumonia Vaccine — *low cost*



Bass Pro Shops' Outdoor Fest

Kayaking, archery, biking and more ways to live healthy outdoors



PLUS Animal Adoptions

Adoptable pets from the City of Garland Animal Shelter

See the latest healthy living products and services

Follow us on Twitter
 @GoGreenGarland

H2O 5K RACE

2014 CITY OF GARLAND



- ✓ **Start 8:15 a.m.**
- ✓ Timed race with awards
- ✓ Online registration available
- ✓ Registration received by Sept. 10 — \$10 and get a free race shirt
- ✓ Register after Sept. 10 — \$15 (limited shirts)



STOP & LEARN

Join in on these quick 15 minute learning sessions at exhibitor booths

10 a.m.

Composting 101
 Dallas County Master Gardeners

How to Build an Emergency Preparedness Kit
 Office of Emergency Management

Heat Reduction with Solar Screens
 Garland Power & Light

Roach Feed & Seed
 Gluten Free Cooking Demo
 Copper Kettle

Rain Barrels 101
 Keep Garland Beautiful

DIY Plumbing Repairs
 Ask a Plumber

Seed Saving
 Loving Garland Green

Easy Home Sprinkler Repair
 City of Garland Parks Department

11 a.m.

Soil Preparation
 Dallas County Master Gardeners

Weather Radio Programming
 Office of Emergency Management

Minutes to a Healthier You
 FIT Nation

Heat Reduction with Solar Screens
 Garland Power & Light

What is all the Fal-de-ra about Fodder?
 Roach Feed & Seed

Gluten Free Cooking Demo
 Copper Kettle

Rain Barrels 101
 Keep Garland Beautiful

DIY Plumbing Repairs
 Ask a Plumber

Organic Mosquito Control
 Loving Garland Green

Easy Home Sprinkler Repair
 City of Garland Parks Department

Noon

The Beauty of Native Plants
 Dallas County Master Gardeners

How to Build an Emergency Preparedness Kit
 Office of Emergency Management

Minutes to a Healthier You
 FIT Nation

Heat Reduction with Solar Screens
 Garland Power & Light

Chicken Chat
 Roach Feed & Seed

Gluten Free Cooking Demo
 Copper Kettle

Rain Barrels 101
 Keep Garland Beautiful

DIY Plumbing Repairs
 Ask a Plumber

Garden Landscaping
 Loving Garland Green

Easy Home Sprinkler Repair
 City of Garland Parks Department

www.GoGreenGarland.org
 for more information & to volunteer!