

Telecommute (Work from Home)

Ditch the Keys week is part of a yearly campaign to raise awareness about the dangers of ground-level ozone. Ground-level ozone is the bad type of ozone that is created when pollutants such as vehicle exhaust and industrial emissions mix with sunlight.

Do your part to reduce ground-level ozone by asking your family to limit trips in the car. Help protect air quality by using alternate modes of transportation:

- Telecommute
- Walk or ride your bike
- Ride the bus to school or work
- Carpool with friends and family

Ditchthekeys.com

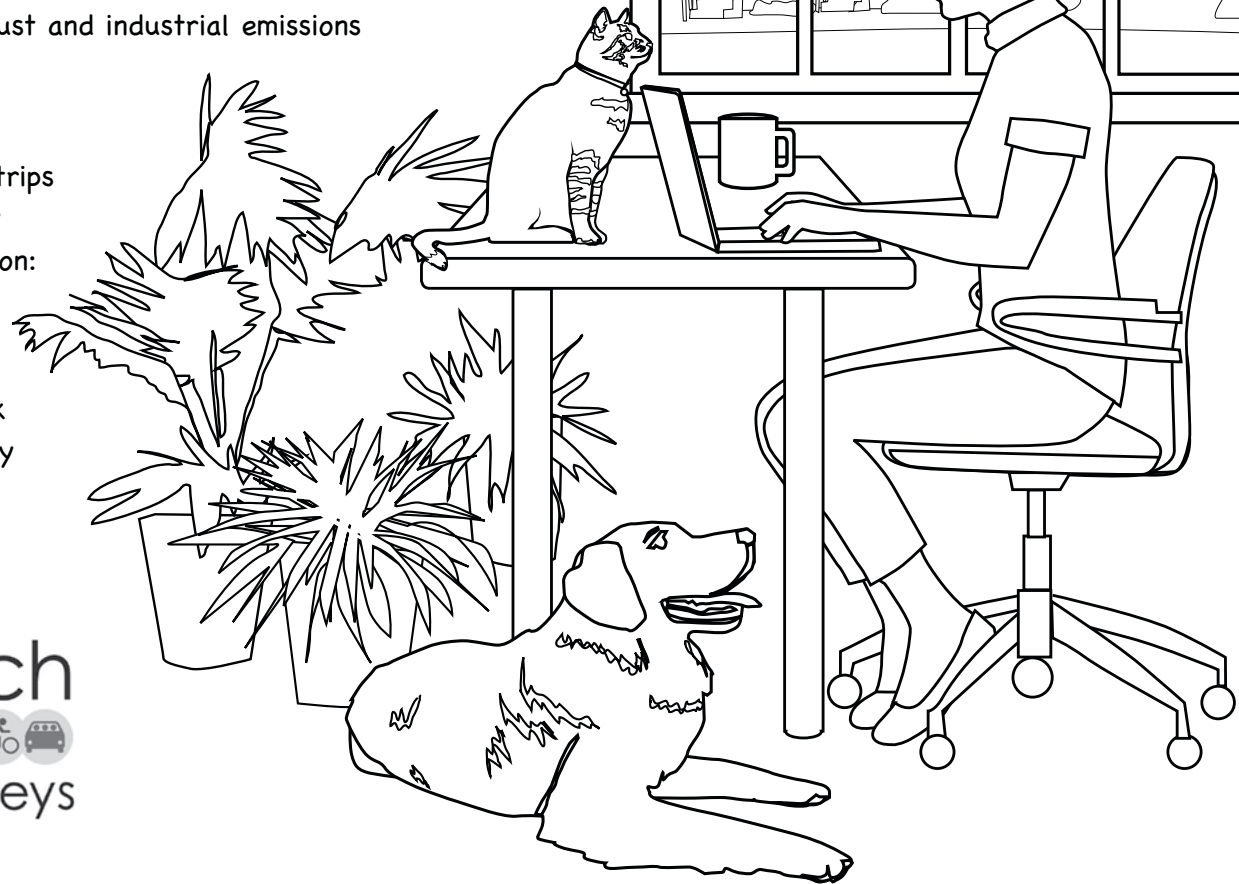
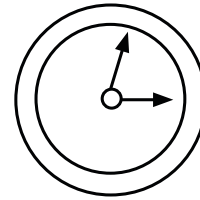
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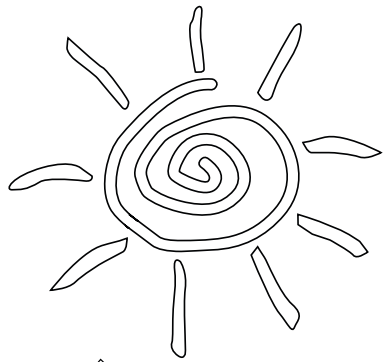
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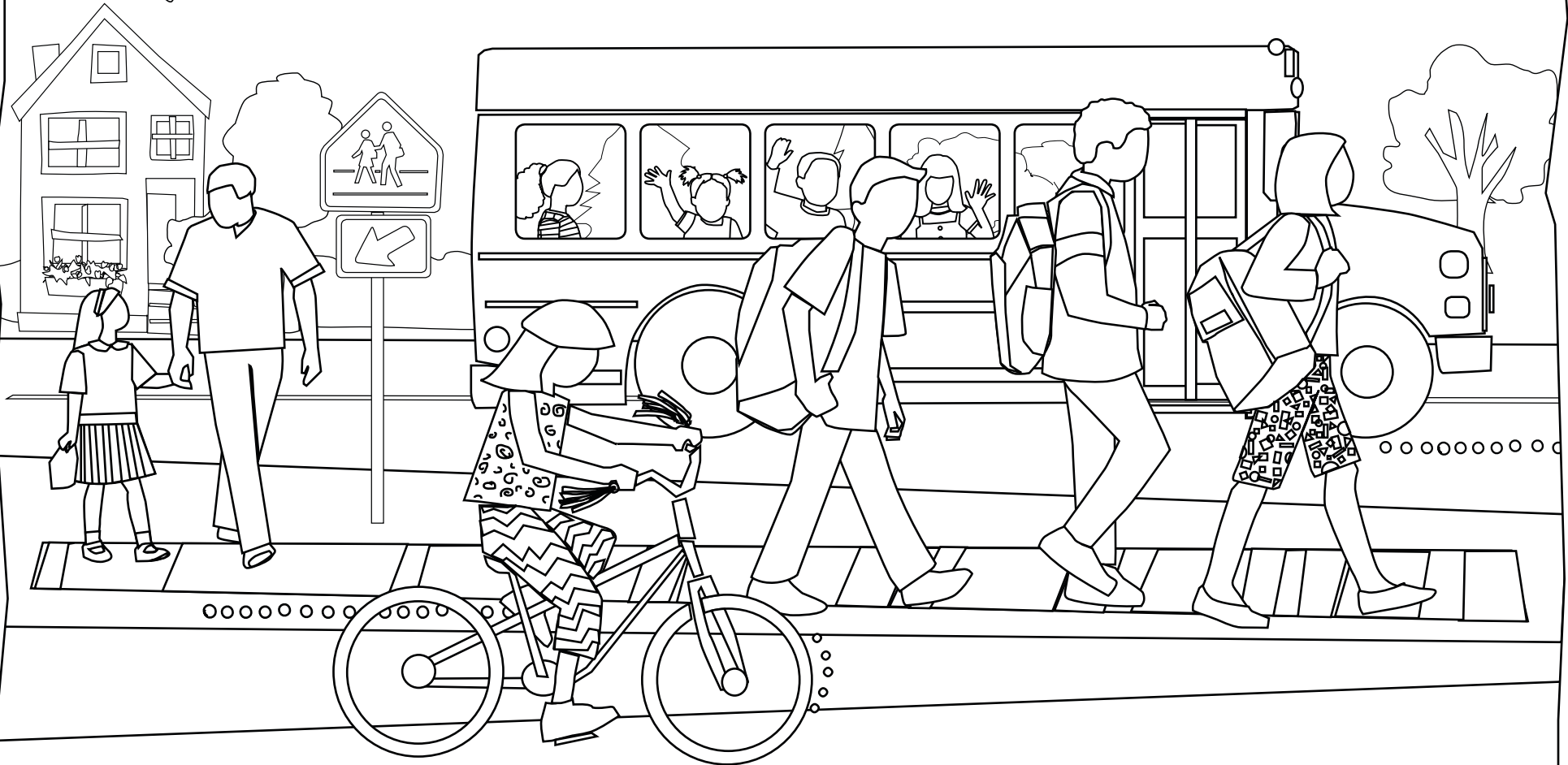
the keys



Register at DitchtheKeys.com and get a coupon good for great discounts the week of May 19-26, 2017



Walk, Bike, or Ride the Bus to School



See back page for information about ways to help the environment.

My Name

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Ditch the Keys Week Schedule

Friday, May 19

Bike to Work Day

Bike to Work = healthier you (i.e., stronger bones, less stress) + reduced emissions and pollution

Saturday, May 20

Bike to Play Day

Sunday, May 21

Car-Free Sunday

Car Free = cutting back on one of the main contributors to air pollution in the U.S.

Monday, May 22

Carpool to School or Work Day

Carpool to School or Work = money saved + decreased carbon, gases and pollution

Tuesday, May 23

Walk to School or Work Day

Walking to Work = improved mental and physical health + less CO2 in the environment

Wednesday, May 24

Make A Difference Day

Small acts (walk to lunch, bike to gym, carpool with friends to the grocery store, etc.) = better health + reduced costs + improved air quality

Thursday, May 25

Telecommute to Work Day

Telecommute to Work = improved work-life balance + reduced carbon footprint

Friday, May 26

Ride Transit for Free Day, Sponsored by Rock Region METRO

Ride Public Transit = money saved + less stress + reduced levels of harmful ozone

All Week

Commit to small acts throughout the week (i.e., walk to lunch, bike to the gym, carpool with friends to the grocery store... be creative!)

Ditchthekeys.com

[facebook.com/ditch the keys](https://facebook.com/ditch_the_keys)

twitter.com/ditchkeys

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Ozone Action Days Sponsors: Metroplan, the Arkansas State Highway and Transportation Department (AHTD), Rock Region Metro, Bicycle Advocacy of Central Arkansas (BACA), Arkansas Department of Environmental Quality (AEDQ), U.S. Department of Transportation (DOT), and the Cities of Little Rock and North Little Rock.