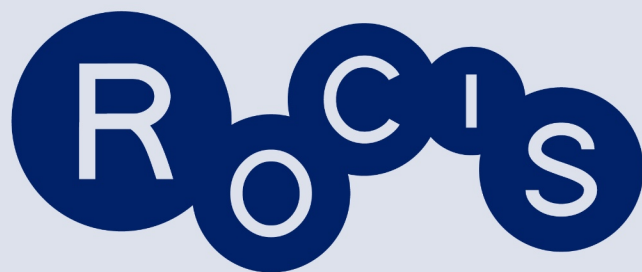




# Breathe Safe



## LCMP

Participate in this **FREE** 4-week program that has helped over 500 local participants identify particle pollution sources & find ways to improve their indoor air quality.

## Want to know more? Attend an intro webinar

All prospective LCMP participants start out by taking our intro webinar before committing to a cohort. Intro webinars for the next cohort:

Mon., Jan. 13, at 7:00 PM &  
Tues., Jan. 14, at 12:00 NOON

Learn about the LCMP process at [rocis.org/low-cost-monitoring-project](https://rocis.org/low-cost-monitoring-project).



*"Being part of the LCMP helped us to be aware of the sources of harmful particles in our home, how our daily activities directly contribute, and gave us tools to address problems with our indoor air quality."*

*—Jo and Tim, Cohort 53*

## 5 Reasons to Join the LCMP

1. Free use of 7 air quality monitors for a month
2. Virtual meetings & personal feedback from the ROCIS team
3. Robust data about your home & its performance
4. Opportunities to reduce your exposure to pollutants
5. Satisfaction of working with a cohort of fellow participants

Contact us:  
[info@rocis.org](mailto:info@rocis.org)