

# Now Forming: A Vegan Cohousing Community in the Pioneer Valley of Western Massachusetts!

**A REAL COMMUNITY:** Be part of neighborhood where residents can share in decision-making and participate in a deliberate and well-organized effort to create a happy and healthy environment for themselves and their neighbors.

**SOCIAL INTERACTION:** Live in a community with people who share concerns about animals, personal health, and the earth, and where residents can more easily participate in social interaction while still maintaining the privacy they desire.

**GREAT VEGAN FOOD:** Enjoy frequent opportunities to participate in healthy food preparation and eating with friendly neighbors with shared sensibilities. Food can be grown in a community vegetable garden.

**SHARED FACILITIES & RESOURCES:** A common house features guest bedrooms, a dining room, and a kitchen. Attractive and useful common spaces and facilities are available and made affordable by sharing the cost with all community members.

**AN IDEAL HOUSE:** Homes in a cohousing communities are more accessible, more energy efficient, and less expensive to maintain than traditional housing. In addition, the community's common house allows residents to have more living space without all the individual upkeep.

**AGING IN PLACE:** Homes and shared spaces are designed to enable residents to live safely, comfortably, and avoid isolation, regardless of age. Being well connected to a supportive and caring group of neighbors helps insure greater independence for all residents.

**SUSTAINABILITY:** Cohousing neighborhoods are models of environmental, economic and social sustainability attracting proactive individuals who want to help save the earth through wise personal choices.

**CONVENIENCE, SOCIAL & PHYSICAL:** Daily convenience from more opportunities to informally share rides, shopping, exercise, etc. and not having to always drive or make special arrangements to engage in social activities.

**HEALTH & WELLNESS:** Sociologists have documented that being connected to others in community is healthier and promotes wellness at all ages. Cohousing offers a well connected living environment where neighbors watch out for each other's well-being.

**CLOSER PERSONAL RELATIONSHIPS:** Through the natural course of meeting and working together to better the neighborhood and welfare of the community deeper relationships are formed that add value and quality to life.

*This project is being initiated under the auspices of Valley Veg, Inc., a non-profit community organization. For more info, visit [www.valleyveg.org](http://www.valleyveg.org) or e-mail [cohousing@valleyveg.org](mailto:cohousing@valleyveg.org)*