

Craving

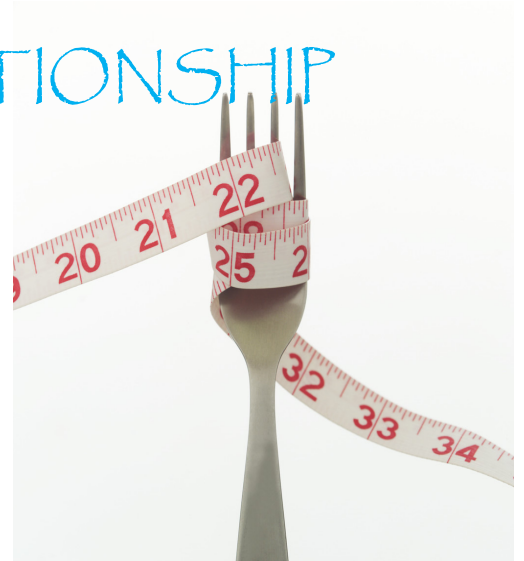
Change™

A FREE, HOW TO WORKSHOP FOR
CHANGING YOUR RELATIONSHIP
WITH FOOD

Understand why you eat the way you do

Find comfort without food

Change your thinking, change your eating



DETAILS: Call 519-631-2030ext. 2408 to enroll

Six sessions of one hour each week

Pick your preference: preference given to those who have diabetes

Wednesdays, starting April 7th at 7:30am – 8:30am OR

Thursdays, starting April 8th at 5:30pm – 6:30 pm