

CRAVING CHANGE

COMMUNITY PROGRAMS

This practical, skill-based group program will help you to understand why you eat the way you do, learn how your surroundings affect your eating decisions, become more aware of problematic eating triggers, and give you tips and tricks to change your eating habits and have a healthier relationship with food.

Change **thinking** habits to
change **eating** habits



- Dates:** March 7, 14, 21, and April 4
- Time:** 10:00am—12:00pm
- Location:** Virtually from the comfort of your own home.
- Registration is required — see below.

To register, please call 613-283-1952



Rideau Community
Health Services

Your Community Health Centre

RCBS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.



Rideau Community
Health Services

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RCCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.