



Craving Change

Craving Change is a program created by a Canadian Dietitian and Psychotherapist. This program is not going to be discussing “**what**” to eat but look more into the “**why**” we eat.

Join us for this 4-week partnership series with a Rideau Community Health Services- Registered Dietician and a Perth Family Health Team- Registered Social Worker

The intent of the workshop series is to have participants:

- Reflect on why it is challenging to eat in a healthy way
- Determine their personal problematic eating triggers
- Learn a variety of strategies that they can experiment with to positively change their eating behaviours over the long-term

Dates: Wednesdays

May 6th - May 27th

1:00-3:00pm

Location: 40 Sunset Blvd.

Unit 105

To Register:

Email: communityprograms@perthfht.ca

Phone: 613-515-2680 x112

In Person: 40 Sunset Blvd. Perth, ON Unit 105