

# CRAVING CHANGE

## A How-to Workshop for Changing Your Relationship with Food

Join our Community Dietitian and Social Worker for a Virtual 4-week Craving Change series!

**Date:** Friday's, June 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>

**Time:** 10:00AM - 12:00PM



Understand **WHY** you eat the way you do.

Comfort yourself without food.

Change your thinking, change your eating.

**TO LEARN MORE AND REGISTER  
PLEASE CALL 613-284-2558**

