

CRAVING CHANGE

A How-to Workshop for Changing Your Relationship with Food

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

Date: Wednesday's, March 4, 11, 18, and 25

Time: 5:00 – 7:00PM



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**



Rideau Community
Health Services