

# CRAVING CHANGE

## COMMUNITY PROGRAMS

A licensed, cognitive-behavioral program  
for emotional eating.

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



**Dates:** Thursdays July 29 - August 19

**Time:** 1:30 to 3:30 pm

**Location:** Virtually from the comfort of your home

To register, please call (613) 283-1952



Rideau Community  
Health Services

Your Community Health Centre

RCHS 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.