

# *craving* change™

A How-to Workshop for Changing  
Your Relationship with Food

*Understand WHY you eat the way you do*

*Comfort yourself without food*

*Change your thinking, change your eating*

## **Details:**

- This FREE program includes three facilitated small group sessions at West Elgin Community Health Centre – workbook included. All welcome. Registration required.
  - Tuesday May 9<sup>th</sup> 6-8pm, Thursday May 18<sup>th</sup> 6-8pm, and Thursday May 25<sup>th</sup> 6-8pm.
- Call Larissa at 519-768-1715 x2292 to register.