

Have a New Year's Resolution about FOOD?
Start it off right with...

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.
 - Thursday January 19th, Tuesday January 24th, and Tuesday January 31st from 10:00am – 12:00noon.
- Call Larissa at 519-768-1715 x2292 to register.