

Craving Change™

A How-to Guide for Helping People
Who Struggle with Their Eating



Do you feel like you know what you should be eating but can't seem to follow through?

The Centre for Family Medicine FHT is excited to offer its patients a **FREE 6-week workshop** (note: \$2.00 parking) to help!

Participants will learn how to:

- Gain control over emotional eating
- Determine personal, problematic eating behaviours
- Learn to comfort yourself without food
- Positively change your eating behaviours over the long term

Workshop details:

Dates: Oct 5th – Nov 16th (NO CLASS NOV 9th), Thursdays 5:00-6:30pm

Location: The Centre for Family Medicine - 25 Joseph Street

Facilitators: Kat Pritchard, RSW & Jessica Sugg, MAN, RD

Space is limited. Please call **519-578-2100** to register!