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:

When: February 27, March 5, March 12; 2020  
Time: 5:30-7:30PM  
Where: Seven Oaks Health & Social Services -1050 Leila  
How to register: 204- 938-5900

Saying “no” to temptation takes more than just willpower. Change your eating habits by changing your thought process. It’s about learning and practicing new ways of thinking. Credible and engaging, the program is ideal for weight management, chronic disease management or for those seeking a healthier relationship with food.