

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:

Tuesdays: Nov. 8th, Nov. 15th & Nov. 22nd

From 9:00 am – 11:30 am

For more information or to register,
please call Elsa @ 519-245-0430 ext. 219



Presented by: Thames Valley Family Health Team

Kim Crowther, Registered Dietitian and Jerilyn Hurwitz, Social Worker