

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 4-week program is being hosted by the Madawaska Valley Family Health Team. Participants are encouraged to attend all 4 sessions to get the full benefit of the program. The program is available to anyone over the age of 18. Registration is required and spaces are limited.

WHEN: June 3rd, 10th, 17th, & 24th from 4:30 pm to 6:30 pm

WHERE: Madawaska Valley Family Health Team in the St Francis Health Centre, 21 St Francis Memorial Drive, Barry's Bay

Register by May 31st by calling Stacie at 613-756-9888 ext. 5