



*Craving Change*TM

Join this 4-week workshop, led by a Social Worker and Registered Dietitian, designed to help you:

- Understand **WHY** you eat the way you do
- Comfort yourself *without* food
- Change your thinking, change your eating

WHEN: Tuesdays – February 6, 13, 20 & 27, 2018
from 10:00 am - 12:00 pm

WHERE: 70 Murphy St., Trenton

Free & Open to Everyone! You do not need to be a client of the Community Health Centre to attend.

For more information, call the Program Secretary at
613-962-0000 ext. 233