

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:

Please join us for this **free** four week workshop!

Dates: Thursdays starting May 24th, 2018.

Time: 6:00 p.m. – 8:00 p.m.

Location: Napanee & Area Community Health Centre (26 Dundas St. W)

Registration: Call 613-354-8937 or email amaliec@kchc.ca

Light refreshments will be provided

Caring. Responding. Building Community. Prendre soins. Intervenir. Bâtir une communauté.