

Craving Change

A How-to Workshop for Changing
Your Relationship with Food



Do you:

- Struggle to maintain healthy eating habits?
- Eat for comfort or in response to strong feelings?
- Feel frustrated with the usual weight loss programs?
- Want to feel more in control of your eating?

If yes, then program is for you!

**3 Session Evening Workshop
Sign Up Today!**

Napanee & Area Community Health Centre
26 Dundas St. W. Napanee ON K7R 1Z4

Dates:
Thursday October 12, 19 & 26 2017

Time:
6:00—8:00 pm

**To register, please contact the Napanee & Area
Community Health Centre at:
613-354-8937 or email: alerisc@kchc.ca**



Napanee Area Community
Health Centre
A part of Kingston Community Health Centres (KCHC)

Dates for an afternoon workshop
coming soon!