



PRAIRIE MOUNTAIN HEALTH

FALL - 2019 (SOUTH AND BRANDON ZONES)



# *craving* change™

This 3-session course will help you understand food cravings and learn ways to control them.

## FALL 2019 - BRANDON

### BRANDON (Afternoon)

Sept. 23 , 30 & Oct. 7 (MONDAYS)

1:30 - 3:30 p.m.

Brandon Public Health Office -Town Centre

### BRANDON (Evening)

Oct. 21, 28 and Nov.4 (MONDAYS)

6:30-8:30 p.m.

Brandon University - Healthy Living Centre  
Classroom 004

## FALL 2019 - SOUTH PMH

### RUSSELL

Sept. 25, Oct. 2 & 9 (WEDNESDAYS)

6:30 - 8:30 p.m.

Russell Health Centre

### HAMIOTA

Oct. 3, 10 and 17 (THURSDAYS)

6:30-8:30 p.m.

Hamiota Health Centre

### BOISSEVAIN

Sept. 24, Oct.1 & 8 (TUESDAYS)

6:30-8:30 p.m.

Boissevain Health Centre - Boardroom

**FREE!**

**Registration required. Call: 1-877-509-7852**

Visit [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)

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