

# *craving* change<sup>®</sup>

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:

### Fall Courses

All courses are FREE and offered virtually through MS TEAMS

Monday Afternoons

Tuesday Evenings

Wednesday Evenings

Thursday Mornings

Oct. 18, 25, & Nov 1

Oct. 19, 26, & Nov 2

Oct. 13, 20, & 27

Oct. 21, 28, & Nov 4

1:30 – 3:30 PM

6:30 – 8:30 PM

6:00 – 8:00 PM

10:00 AM – 12:00 PM

For more information and to register, call: 1-877-509-7852