

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:

[Spring 2024 Courses](#)

Courses are **FREE** and offered virtually through MS TEAMS or IN PERSON

VIRTUAL

Tuesday Evenings
6:30 - 8:30 p.m.
April 9, 16 & 23

VIRTUAL

Thursday Evenings
6:30 - 8:30 p.m.
May 2, 9 & 16

IN - PERSON

Monday Evenings
6:30 - 8:30 p.m.
April 29, May 16 & 23
Brandon Health Centre -
Conference Room

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