



Empowered Eating

Develop a healthier relationship with food.



Explore your current relationship with food.



Explore feelings, beliefs, and behaviours around food.



Explore new tools, ideas, and ways of thinking.



Thurs. Apr. 10, 17, 24, May 1, 2025



5:30-7:30pm



Virtual (online)



Tue. Apr. 22, 29, May 6, 13, 2025



1:30-3:30pm



Virtual (online)



Wed. May 7, 14, 21, 28, 2025



1:30-3:30pm



Virtual (online)



Thurs. May 15, 22, 29, June 5, 2025



1:30-3:30pm



Brandon Clinic

REGISTER NOW

For this **FREE** Program



1-877-509-7852



HealthPromotion2@pmh-mb.ca