



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 build confidence with your everyday eating choices.



Tues. Oct. 22, 29, Nov. 5 & 12



1:30-3:30pm



Virtual (online)



Thurs. Nov. 7, 14, 21 & 28



6:30-8:30pm



Swan Valley Health Centre

REGISTER NOW
For this **FREE** Program



1-877-509-7852



HealthPromotion2@pmh-mb.ca