



# 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.



**Wed. Jan. 22, 29, Feb. 5, 12, 2025**



6:30-8:30pm



Virtual (online)



**Tue. Feb. 11, 18, 25, Mar. 4, 2025**



1:30-3:30pm



Western Medical Clinic (Brandon)



**Wed. Mar. 5, 12, 19, 26, 2025**



1:30-3:30pm



Virtual (online)

## REGISTER NOW

For this **FREE** Program



1-877-509-7852



HealthPromotion2@pmh-mb.ca