

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:

This program is on Friday mornings. It is co-facilitated by a dietitian and a social worker. This group is open to KDCHC clients, volunteers and community members.

When: Thursday May 4- June 15, 2017 NOT JUNE 8

Time: 10:00 - 12:00 noon

Must pre-register call 519-745-4404

Penny ext.244 or Charla ext 242

Where: Kitchener Downtown Community Health Centre, 44 Francis Street South, Kitchener ON

Childcare is available upon request.

The KDCHC gratefully acknowledges the financial support of the **Waterloo Wellington
Local Health Integration Network (WWLHIN)**