

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:

Group is being offered in person January 9, 16, 23 and 30th

5-6:30 pm at the WRNPLC Kitchener Clinic 123 Pioneer Drive #204

Open to any patient of the Waterloo Region NP Led Clinic

Go to www.wrnplc.ca or speak to any team member to register

For information on virtual or other locations for Craving Change please
see the Waterloo Wellington Self Management website at
www.wwselfmanagement.ca