

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:

Kitchener – 123 Pioneer Park Drive #204
November 3, 10, 17, 24th
2:30- 4 pm

Cambridge – 13 Water St North
November 22, 29, Dec 6, 13th
5:30- 7 pm

Open to any patient of the Waterloo Region NP Led Clinic
Go to www.wrnplc.ca or speak to any team member to register