

*craving change*TM

A FREE program to understand food cravings and how to control them. Develop a healthier relationship with food!

- Understand WHY you eat the way you do
- Learn strategies to control food cravings
- Learn how to maintain healthy changes

2018 WINTER CRAVING CHANGE PROGRAMS

BRANDON Reg. Health Centre (Lower Level Conference A and B)	Tuesdays	FEB 13, 20 and 27	6:00 p.m.- 8:00 p.m.
Russell Health Centre (Basement Boardroom)	Tuesdays	Feb 13, 20 and 27	1:30 p.m. - 3:30 p.m.
Waskada School	Wednesdays	Feb 21, 28 and Mar 7	6:30 p.m.- 8:30 p.m.
Oak Lake Community Hall	Thursdays	Feb.22 , Mar. 1 and 8	6:30 p.m. - 8:30 p.m.

Space is limited!

To register, please call:

1-877-509-7852



**PRAIRIE
MOUNTAIN
HEALTH**