



PRAIRIE MOUNTAIN HEALTH  
Fall & Winter Courses (SOUTH ZONE)



# *craving* change™

This 3-session course will help you understand  
food cravings and learn ways to control them.

## Fall 2018

### RUSSELL

Oct. 9, 16, & 23 (Tuesdays)  
5:00-7:00 p.m.  
Russell Health Centre

### CARBERRY

Oct. 15, 22, & 29 (Mondays)  
6:30-8:30 p.m.  
Carberry Plains Community Centre

### MELITA

Oct. 10, 17, & 24 (Wednesdays)  
6:30-8:30 p.m.  
Melita Health Centre

### NEEPAWA

Oct. 17, 24, & Nov. 7 (Wednesdays)  
6:30-8:30 p.m.  
Neepawa Health Centre

## Winter 2019

### HARTNEY

Jan. 21, 28, & Feb. 4 (Mondays)  
6:30-8:30 p.m.  
Hartney Health Centre

### GLENBORO

Jan. 16, 23, & 30 (Wednesdays)  
6:30-8:30 p.m.  
Glenboro Health Centre

### RIVERS

Jan. 21, 28, & Feb. 4 (Mondays)  
6:30-8:30 p.m.  
Riverdale Health Centre

### MINNEDOSA

Jan. 23, 30, & Feb. 6 (Wednesdays)  
6:30-8:30 p.m.  
Minnedosa Health Centre

**FREE!**

**Registration required. Call: 1-877-509-7852**

Visit [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)  
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