



PRAIRIE MOUNTAIN HEALTH
Fall & Winter Courses (BRANDON)



craving change™

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

Fall 2018

BRANDON TOWN CENTRE

Oct. 15, 22, & 29 (Mondays)

1:30-3:30 p.m.

Public Health Office - Conference Room

BRANDON REGIONAL HEALTH CENTRE

Oct. 18, 25, & Nov. 1 (Thursdays)

6:30-8:30 p.m.

Lower Level Conference Room A & B

Winter 2019

BRANDON REGIONAL HEALTH CENTRE

Jan. 23, 30, & Feb. 6 (Wednesdays)

6:00-8:00 p.m.

Lower Level Conference Room A & B

FREE!

Registration required.

Call: 1-877-509-7852

Visit www.prairiemountainhealth.ca

Follow us on social media:



@PrairieMtHealth