



PRAIRIE MOUNTAIN HEALTH
2018-19 Class Schedule (NORTH ZONE)



craving change™

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

Fall 2018

DAUPHIN

Sept. 19, 26, Oct. 3 (Wednesdays)
6:30-8:30 p.m.
Dauphin Community Health Services

SWAN RIVER

Oct. 3, 10, 17 (Wednesdays)
6:30-8:30 p.m.
Swan River Health Centre

Winter 2019

DAUPHIN

Jan. 10, 17, 24 (Thursdays)
1:30-3:30 p.m.
Dauphin Community Health Services

SWAN RIVER

Feb. 14, 21, 28 (Thursdays)
10:00 a.m. - 12:00 p.m.
Swan River Community Health Services

To register, call:
1-877-509-7852

Participate by Telehealth in a community near you!
Request a Telehealth site when you register.

Sessions are also promoted on the Prairie Mountain Health website, Facebook, and Twitter.

www.prairiemountainhealth.ca



@PrairieMtHealth