

craving change™

***A FREE program to develop a healthier relationship with food!
Understand food cravings and how to control them.***

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

Dates: **January 17, 24, & 31 (Wednesdays)**
(Plan to attend all sessions if possible)

Time: **5:00–7:00 p.m.**

Location: **Dauphin Regional Health Centre**
(Cafeteria Conference Room)

**To register, please call the Healthy Living Line:
1-877-509-7852**



**PRAIRIE
MOUNTAIN
HEALTH**