



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

In this course, you will learn:

Class 1

- Influences on eating behaviours
- Types of hunger
- Activities to understand personal triggers for problematic eating

Class 2

- Practical strategies to stop and prevent problematic eating

Class 3

- More strategies (continued from Class 2)
- How to approach setbacks
- Goal setting

Visit www.prairiemountainhealth.ca

Follow us on social media:



@PrairieMtHealth

Thursdays
Oct. 3, 10, & 17
6:00-8:00

Dauphin Regional
Health Centre

Cafeteria
Conference Room

FREE!
Registration
required.
1-877-509-7852