

# Craving Change™

## A How-to Workshop for Changing Your Relationship with Food

- Understand WHY you eat the way you do.
- Comfort yourself without food.
- Change your thinking, change your eating.

### Details:

The Craving Change™ workshop is three sessions offered Tuesday evenings from 6:30-8:30 on November 20, November 27 and December 4, 2018

Location: Moose Jaw

Please contact 306-694-0230 to register.



Saskatchewan  
**Health Authority**



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