

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
Wednesday evenings from 7:00-9:00 pm
October 16, 23, and 30th, 2019

Location: 'Ecole Mathieu De Gravelbourg

Please contact 306-694-0230 to register and for more info



Saskatchewan
Health Authority



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