

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:

Online Virtual Workshop

Thursdays

February 4th, 11th, 18th, & 25th, 2027

6:30pm- 8:30pm

This program is being hosted using an online videoconferencing platform. You will need a valid email address to register for this program Register online at

www.wwselfmanagement.ca

or call 1-866-337-3318