

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

Wednesdays

October 7th, 14th, 21st, & 28th, 2026

6:00pm- 8:00pm

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