

# Craving Change™

An educational program that can help participants develop a healthier relationship with food

Do you...  
Struggle to maintain healthy eating habits?  
Eat for comfort or in response to strong feelings?  
Feel frustrated with the usual weight loss diet programs.  
Want to feel more in control of your eating?



Saying “no” to temptation takes more than willpower, it takes “skillpower. Craving Change™ will help you:

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

## Workshops

<b>Deloraine</b>	<i>Sept 23, 30 and Oct 7, 2010 7-9 pm</i>	Deloraine Health Centre Multi-purpose room
<b>Carberry</b>	<i>Sept 30, Oct 7 and Oct 21, 2010 7-9 pm</i>	Clinic Basement Boardroom
<b>Virten</b>	<i>Oct 5, 12 and 26<sup>th</sup> 7-9 pm</i>	Virten Health Centre Multi-purpose room



Please Register 3 days in advance by contacting  
Tanis at 204-328-5269 or [tcoulson@arha.ca](mailto:tcoulson@arha.ca)

Optional Workbook Available for \$5

Register Early. Space is Limited!

