

# Craving Change™



- ❖ A **Three Part** 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.

Seaforth Community Hospital  
SCH Boardroom, Main floor

1:30 – 3:00 pm

Monday May 27<sup>th</sup>, 2019

Monday June 3<sup>rd</sup>, 2019

Monday June 10<sup>th</sup>, 2019

**Please register by May 6<sup>th</sup>, 2019 at**

**519 272 8210 ext. 2366**

**Or online at [www.huronperthdiabetes.com](http://www.huronperthdiabetes.com)**

**This class is FREE !**

Offered by the HPHA Huron Perth Diabetes Outreach Program

\*This class will not cover what to eat, carbohydrates, when to eat or discuss diabetes medications\*