

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:

When: January 10th, 17th, 24th and 31st

TIME: 2:30 pm -4:00pm

Where: Ingersoll Nurse Practitioner Led Clinic

THIS IS A 4 WEEK PROGRAM

Please call Shannon and book your spot

519-926-6752 ext # 506