



Nutrition  
Programs



Please call  
to register:  
655-LIVE  
655-5483

Free of  
Charge

# Craving Change™

## Changing Your Relationship With Food

**Presented by Dietitians**

Understand why you  
eat the way you do:

- Comfort yourself without food
- Change your thinking
- Change your eating

Upcoming program  
should attend all 3 Sessions

West Winds Primary Health Centre:

Wednesday, March 21 - 2:00 - 4:00 pm

Wednesday, March 28 - 2:00 - 4:00 pm

Wednesday, April 11 - 2:00 - 4:00 pm

