

# *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:**

Please join us for this **free**, online, four week workshop!

**Dates:** Consecutive Thursdays starting March 4th, 2021.

**Time:** 6:00 p.m. – 8:00 p.m.

**Location:** Online through Zoom

**Registration:** Call 613-354-8937x7115 or email [amaliec@kchc.ca](mailto:amaliec@kchc.ca)

Caring. Responding. Building Community. Prendre soins. Intervenir. Bâtir une communauté.