

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

Boardroom – Main floor

Monday September 11th 2017, Monday September 18th 2017,

Monday September 25th 2017

2-4pm

Please register by Friday September 1st, 2017 at

519 272 8210 ext. 2366 or online at

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