

4 Week Session

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:

We are currently taking names for our next workshop series. Dates will be set based on interest.

To register call 705-235-6926.



If you are looking to change your eating habits but are finding will power just isn't enough this is a workshop for you. Facilitated by Hillary Deyne, Registered Dietitian and Lee-Ann Boucher, Social Worker this series will help you gain the tools needed to make healthy choices for a lifetime.