

Craving Change™

**BACK BY POPULAR
DEMAND**

*~ Change Your
Relationship with Food ~*



- ◆ Is your relationship with food affecting your weight?
- ◆ What is sabotaging your good intentions to eat right?

This workshop will help YOU:

- ⇒ Discover your personal eating triggers.
- ⇒ Gain control over your eating.
- ⇒ Develop strategies to overcome your food cravings.
- ⇒ Improve your relationship with food for the long-term.



Attend an Information Session: **FREE**

Monday March 19th 7- 8 pm

Where: John. T. Powell Building at the Health and Performance Centre, University of Guelph (Rm. 207)

- Learn what Craving Change is all about
- Admission is free with a donation for the food bank

Presented by:



Lisa Armstrong
Registered Dietitian

Attend the Workshop: **\$75 FOR THE SERIES**

Three part series: 7-9pm:

- **Workshop #1 Tuesday April 3rd**
- **Workshop #2 Tuesday April 17th**
- **Workshop #3 Tuesday May 1st**

To register for the 3 part Craving Change™ series, please call **519 824-4120 ext. 53460**. Spots are limited!