

# Craving Change™

## Why do we EAT the way we do??



### 4 Key Concepts Include: :

- Why it's hard to change eating habits
  - Identify personal triggers
- Learn to respond to triggers differently
  - How to maintain changes!

**Change your thinking, change your eating, change you!**

*Oh Yes!* IT'S  
**FREE**

**Call to Register,  
Space is  
Limited**

**5 Week Series**

**@ West Lambton CHC, 429 Exmouth St.**

**Sept 20<sup>th</sup> – Oct 18<sup>th</sup>, 2017**

**Wed 6:00-7:30pm**

**Offered in partnership with Rapids Family Health Team**

**To Register, call 519-344-3017 x237**