

# CRAVING change

*Do you feel out of control when you eat?  
Do you think you are an emotional eater?  
Are you tired of dieting and ready to  
try something new?*

Craving Change is a 6-week closed group for those who want to:

- understand why you eat the way you do
- learn to comfort yourself without food
- change your thinking, change your eating

**Fridays • 1-3 pm**

October 13<sup>th</sup> - November 17<sup>th</sup>

**419 Graham Ave.  
2<sup>nd</sup> Floor**

**October 13<sup>th</sup> & 20<sup>th</sup>**

Introduction with discussion & self-exploration

**October 27<sup>th</sup>, November 3<sup>rd</sup>,  
10<sup>th</sup> & 17<sup>th</sup>**

Craving Change program

*Registration is required. To register  
or for more information contact:*

☎ 204-947-2422 ext. 537  
1-866-947-1517

📍 419 Graham Avenue  
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women's  
health clinic

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)