

craving change™



Our Registered Dietitians are proud to offer this 4-week online program to improve your relationship with food.

- ✓ Understand WHY you eat the way you do.
- ✓ Comfort yourself without food.
- ✓ Change your thinking to change your eating.

Hurry!
Spaces
are limited.



Centre de santé
communautaire
de l'Estrie

MANDATORY INFORMATION SESSION:

February 15 | 5:30-6:00 p.m.

STARTING: February 22 | 5:30-7:30 p.m.

REGISTRATION REQUIRED:

Stéphanie Boily at 613-525-5544 #228 or
Myriam Dagenais at 613-443-3888 #235