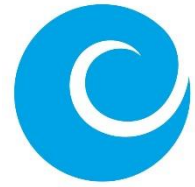


craving change™



South-East Ottawa
Community
Health Centre
Centre de santé
communautaire
du sud-est d'Ottawa

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:

When: Wednesdays, November 9 to November 30, 2022
7:00 pm to 8:30 pm

Where: Virtually by Zoom invite

Contact Annette for information or to register.

annettec@seochc.on.ca

