

PRIME+CARE
FAMILY HEALTH TEAM

Craving Change™



WANT TO CHANGE YOUR RELATIONSHIP WITH FOOD?

Most of us know that eating an apple is healthier than eating a cookie, so why do we often choose the cookie?

ARE YOU:

- ⇒ Struggling to maintain healthy eating habits?
- ⇒ An emotional eater, or for comfort or in response to strong feelings?
- ⇒ Want to feel more in control of your eating?

Join us for an information session to learn more about the program.

Date & Time:

Wednesday January 10th @ 5:30—6:00pm

For more information, or to register for our upcoming Craving Change Session, please call our office at 905-878-1720 or visit our website at www.primecarefht.ca

All programs are held at 470 Bronte Street South in Unit 104 unless otherwise stated.