

INNOVATIVE 4-WEEK PROGRAM

Sharbot Lake
Family Health Team

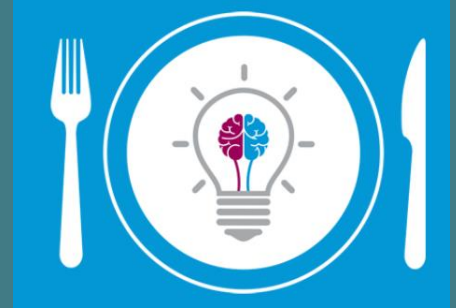


Are you struggling with
what, when or how much
you eat?

Craving Change can help you
develop a healthier
relationship with food,
discover why you eat the way
you do and take steps to
improve your eating habits.

*Led by Saman Shaikh,
Registered Dietitian*

Sharbot Lake
Family Health Team



Learn to change
your thinking
to change your
eating

2019

Program Details

When: **Tuesdays**

- September 17th
- September 24th
- October 1st
- October 8th

Time: 1:30-3:30pm

Location:

Collaborative Room

Call

613-279-2100

Or email

programs.slft@gmail.com

to register or for