

CRAVING CHANGE

COMMUNITY PROGRAMS

A licensed, cognitive-behavioral program
for emotional eating.

Change **thinking** habits to
change **eating** habits



- Dates:** Thursdays October 7 - October 28
Time: 6:00 p.m. to 8:00 p.m.
Location: Virtually from the comfort of your home

To register, please call (613) 283-1952



Rideau Community
Health Services

Your Community Health Centre

RCHS funding is provided by Ontario Health - East Region,
the Ontario Ministry of Children, Community and Social
Services and by the communities and people we serve.