

# *craving* change™

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:**

**Who:** People with Prediabetes or Diabetes who want to learn more about your eating habits

**Topics:** Types of hunger, Cravings, Environment and how it impacts what and how much you eat, Mindful eating

**When:** Thursdays - October 10th, 17th, 24th and 31st

**Time:** 1pm to 3pm

**Where:** 409 Parliament Street @ Gerrard Street East  
Regent Park Community Health Centre Diabetes Education Program  
Facilitated by a Diabetes Education Nurse and a Dietitian

**To Register please contact the Diabetes Program at: (416) 603-0336**

**Free** program run by the Regent Park CHC Diabetes Education Program