

## Craving Change™ will help you to:

- ✓ Understand why you eat the way you do
- ✓ Understand how to comfort yourself without food
- ✓ Change your thinking
- ✓ Change your eating

## Craving Change™

Craving Change™ sessions are held in different communities throughout the Prairie Mountain Health region.

There is **no cost** to attend.

For more information or to register for upcoming classes please call the Health Promotion Toll Free Line at:

**1-877-509-7852**



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**Helping you develop  
a healthier relationship  
with food**

## Health Promotion

Primary Health Care

*Health and Wellness for All*

[www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)



*“I know what to eat, but I just can’t seem to do it.”*

*“I’m an emotional eater.”*

*“I want more control over my eating.”*

## **Does this sound familiar?**

Come to the **Craving Change™** program in the Prairie Mountain Health region. Find out why you eat the way you do and learn how to make positive changes.

## **What is Craving Change™?**

Craving Change™ is an education program, developed in Canada, that can help you develop a healthier relationship with food.

## **Who should attend?**

If you struggle with your eating habits, eat for comfort or in response to emotions, or simply want to better understand your own eating behaviour, this workshop is for you. Craving Change™ is not for someone who has a diagnosed eating disorder.

## **Craving Change™ will help you to...**

- understand why it is hard to change your eating habits
- identify your own personal problematic eating triggers
- learn strategies to change your triggers or eating response
- maintain your healthy eating habits

## **What participants are saying about Craving Change™!**

*“The program really made me think about why I eat the way I do and gave me practical suggestions for what to do about it! It was great!”*

~ Program Participant

*“I learned a lot about my food cravings and some creative solutions for dealing with them!”*

~ Program Participant

*“The Craving Change sessions were fun and it feels so good to know that I am not alone with my struggles.”*

~ Program Participant