

What's Eating You? Workshop

Find out *why* you eat the way you do, *why* it's hard to change your eating habits and *what you can do about it*.



CLEARLY, SOMETHING IS EATING ME.

The intent of this 6-week workshop series is to have participants:

- ✓ Reflect on why it's difficult to eat in healthy ways.
- ✓ Determine environmental factors and personal eating triggers.
- ✓ Learn a variety of strategies for positive change over the long-term.

Facilitated by:

Andrew Coghill, RSW, MSW
Registered Social Worker

Teresa Fowler, RD
Registered Dietitian

2-hour workshops - once weekly x 6 weeks
Dates and times vary
St. Marys Memorial Hospital basement meeting room

This workshop is FREE. It is not a therapy group.
Call Happy Valley Family Health Team to register: 519-284-3450
Space is limited.