

## Beyond the Fork Workshop Background

This program was developed and is taught by our Registered Dietitian and Social Worker

The Beyond the Fork workshop is based on the cognitive-behavioural approach to help you gain awareness of your eating triggers. You can expect to learn about emotional eating and the various strategies to manage your emotions in a healthier way. This is not a diet program, but a workshop to help you understand your behaviours that encourage overeating.

*Small changes make a big difference*

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more healthy lifestyle  
tips!

[www.westdurhamfht.com](http://www.westdurhamfht.com)

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**Family Health Team**



## Beyond the Fork Workshop

Building Awareness of  
Eating Triggers



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