

Is this Program for you?

Check all that apply:

- I want to learn about why I crave foods when I feel a certain way
- I want to be healthier & build skills to manage my cravings
- I like a group class setting for sharing experiences and support
- I can commit to attending four 90-minute education sessions



Beyond the Fork Workshop – Manage your emotions in a Healthier way

4 Session Program Highlights

This program is led by the West Durham Family Health Teams Dietitian and Social Worker

Session 1	Intro to Craving Change® exercises, influence of our environment, thought journal
Session 2	Triggers, types of hunger, HALT, nurture vs. nourish yourself
Session 3	The change buffet; list of techniques, 80/20 principle, being assertive
Session 4	Renovate your environment, positive thinking, future support

Where Do I Sign Up?

If you feel this program is right for you, ask our staff for sign-up information. Or call Julie Hodgeman (905) 420-9999 ext.2681

Start dates are several times per year. Due to the nature of this program, space is limited. Although we cannot meet the needs of all patients, we will try to accommodate everyone.