



Primary Health Care Services
OF PETERBOROUGH

Peterborough Networked

Family Health Team



Craving Change™

www.peterboroughfht.com

In partnership with the



**YMCA of
Central East Ontario**

Craving Change™

4 Week Program

Craving Change™ is a group program that focuses on why you eat the way you do. This program is designed to help participants identify and change problematic eating behaviours.

Please Note: Craving Change™ is not a diet program. It does not address what, when, where or how much to eat.

You will learn about:

- The influence of the environment, the body and learned behaviours on food choices and eating behaviours
- How to identify problematic eating triggers
- Strategies to help change problematic eating behaviours
- Tips for building a healthier, lasting relationship with food

Who should attend:

- Do you enjoy meeting with others to share common experiences?
- Do you want to feel more aware of your eating so you can make better choices?
- Do you struggle with your eating?
- Can you commit to attending four weekly sessions?

Ask your family doctor , nurse practitioner , registered dietitian or mental health clinician if the Craving Change™ program may be for you

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Date: _____

Time: _____

Location: _____