

# *craving* change™

A How-to Workshop for Changing  
Your Relationship with Food

*Understand WHY you eat the way you do*

*Comfort yourself without food*

*Change your thinking, change your eating*

Details:

**FREE**

Workshops in your area

Call today

1.866.337.3318

Or visit

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

[selfmanagement@langs.org](mailto:selfmanagement@langs.org)