

# Craving Change™

A How-to Guide for Helping People  
Who Struggle with Their Eating



Are your eating habits out of control?

**YOU ARE NOT ALONE!**

Increase your confidence and take control of emotional eating  
by attending this **FREE** one day diabetes workshop.

Who: People living with diabetes or pre-diabetes  
When: Saturday March 26, 2011  
Time: 10:00 AM – 3:30 PM  
Location: Bear Creek Golf Club  
571 Metcalfe St. E. Strathroy N7G 1R1

**Every participant receives an interactive workbook  
full of invaluable information**

Delicious lunch & refreshments included!

Limited space available - call ASAP to register (519) 246-5939