

“I want more control over my eating”

“I’m an emotional eater”

“I know what to eat but I just can’t seem to do it”

Sound familiar?

Saying “no” to temptation takes more than willpower, it takes “skillpower”.

Develop skillpower at a Craving Change™ Workshop -- an educational program co-founded and developed by a clinical psychologist and a registered dietitian. It is based on research that shows this is a successful way to help people who struggle with their eating.

Learn new ways of thinking and behaving to help you change problematic eating habits that may make it harder for you to maintain a healthy weight and/or manage a chronic disease such as:

- prediabetes
- diabetes
- obesity
- high blood pressure
- heart disease
- cholesterol problems

A Craving Change™ workshop will help you:

- understand why it is so hard to change your eating habits
- uncover your own eating triggers
- learn how you can change your problematic eating behaviours
- keep your healthier eating behaviours

The workshop is run by a licensed health professional, Carol Clarke, who has over 15 years of experience helping clients meet their healthy lifestyle goals. Visit www.carolclarke.ca for more information on Carol’s background.

The workshop is limited to 12 participants. It is held in a lovely space that will allow people to be themselves, to be honest and to be real. Follow up groups can be arranged to help you stick with your healthier eating behaviours.

Many people who take this workshop find that it is the “missing link” in helping them make positive nutrition changes in their life.

See over for more information

Key elements of the Craving Change™ workshop program include:

- Factors that influence eating behaviours.
- Increased awareness of eating triggers and patterns.
- Unlearning behaviours.
- The cognitive-behavioural approach.
- The Change Buffet of techniques and skills for changing triggers and the eating response.
- Sharing and applying the change strategies.
- Relapse prevention.
- Goal setting.
- Taking the next step.

Note: this program is not group psychotherapy or designed to deal with diagnosed eating disorders.

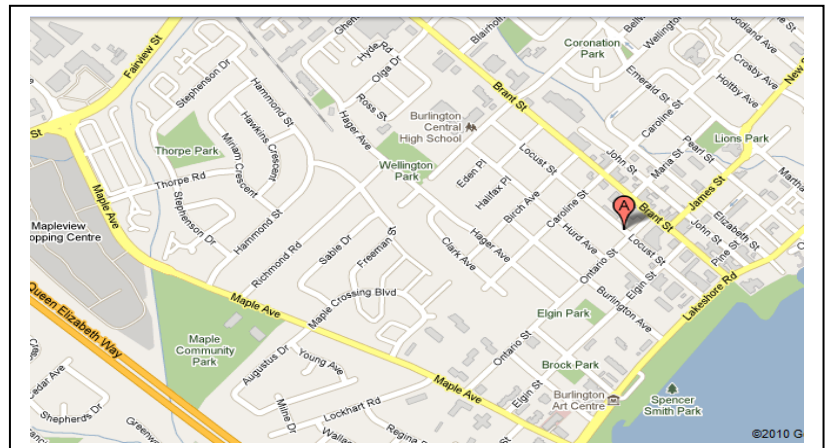
Ground Rules

- Participation in discussions is by choice
- Discussion stays in the room – confidential
- Listen respectfully
- Agree to disagree
- Focus on the *why* of eating – not what, when or how much to eat

Location

ThinkSpotBurlington
(Room ThinkSpot 2)
492 Locust Street, Burlington, ON L7S 1V2
(just west of Brant St, north of Ontario St)
905-639-1314

Free parking after 6 pm in municipal lot #7
just north of the building



\$110 workshop fee includes tax and:

- six 90-minute interactive sessions
- a 54-page workbook
- all resources and materials
- beverages

To make sure this workshop is right for you, contact Carol at:

carolclarke.rd@sympatico.ca or 289-260-6854

Registration deadline October 17, 2011