

“I know what to eat but I just can’t seem to do it” “I’m an emotional eater” “I want more control over my eating”

Sound familiar? Come to a Craving Change workshop and find out why you eat the way you do, why it’s hard to change your eating habits and what you can do about it.

Part I of Program: “Craving Change” is an educational program facilitated by a Registered Dietitian that can help you develop a healthier relationship with food. You will discover why you eat the way you do and learn to take steps to change your problematic eating habits.

Part II of Program: “Continuing To Change: A Focus on Food Choices, Portions, & Balance to Fuel a Healthier, Leaner You” will be a continuation of Part I and will build on improving your understanding of healthy eating guidelines. This 5-Session Workshop will integrate discussion on what, when, where, and how to eat healthfully.

Part 1: 5-Week Evening Workshop starts Monday October 18th – November 15th at 7:00-8:30pm

Location: Real Fitness for Women, 2nd floor Boardroom
Cost of Program \$200 plus HST, includes Workbook

Part 2: 5 Week Evening Workshop starts Monday November 22nd – December 20th, 2010 at 7:00-8:30pm

Location: Real Fitness for Women, 2nd floor Boardroom

Part 1 & Part 2: (10 Week Program in total)

Cost of Program \$350 plus HST, includes Workbook & Educational resources

Payment Due at time of Sign-up of Program

Minimum of 5 participants for Workshop to Commence

For More Information Contact the Dietitian:

Filomena Vernace-Inserra, RD

905-850-2226, ext. 230 (leave message) or email: dietitian@realfitnessforwomen.ca

real CLUB
training

Open to Members & Non-Members
Sign up at our Front Desks today!

real FITNESS FOR
women