



Cravings, Cravings, Who's Got A Craving?

Everyone gets cravings at some point, but some more often than others. Have you ever thought about why you're craving something? Cravings aren't, necessarily, a weakness, they're important messages from our bodies! Learn the reasons behind what you're craving and what you can do to recognize, reduce, and eliminate your cravings. Deconstructing cravings will help you not only eliminate them, but assist in finding balance in our lives.

Where: Roman's Acupuncture & Herbal Clinic

When: 5:00-6:00 p.m., Wednesday, November 16, 2016