

# Understanding **CRAVINGS**

- ◆ **What Causes Food Cravings?**
- ◆ **Awareness of Eating Habits**
- ◆ **10 Steps to Deal with Sugar Addictions**

*A Conversation with  
Dr. Emily Shewmaker*

**7:00pm Wednesday**

**January 25**

**All Saints Church**

**Northwest Corner of Chevy Chase Circle**

**[www.allsaintschurch.net](http://www.allsaintschurch.net) (301) 654-2488**

