

13. February 2026

Education and culture

VHS workshop: When the chocolate craving calls - understanding and stopping cravings

Event on 26 February 2026 at LernWerk

The adult education centre (VHS) is offering a workshop "Wenn der Schoko-Jieper ruft - Heißhunger verstehen & stoppen" on Thursday, 26 February, 18:00 - 19:30. Lecturer Jenny Bierschenk provides theoretical background knowledge and rounds off her concept with simple practical exercises. The venue is the LernWerk Bocholt, Industriestr. 1.

Cravings for sweet or savoury foods often seem to come on suddenly - but there is usually more to it than just an appetite. This workshop is about the three most common causes of cravings and how to regain balance with simple, everyday strategies. In addition to in-depth knowledge about nutrition, blood sugar regulation and stress mechanisms, there are concrete tools to help you understand and stop cravings - without prohibitions or dietary rules. Yoga impulses and small mindfulness exercises round off the concept holistically. Ideal for anyone who wants to reflect on their eating behaviour and change it in a healthy, sustainable way.

For the nutrition-conscious, two further workshops by Jenny Bierschenk will follow in the current semester under the titles **"Meal**Prep & Mindful Eating - Strategies for relaxed, healthy eating despite a full calendar" on Thursday, 16.04.26 and **"Energy**instead of a rollercoaster - Nutrition & routines for lasting power in everyday life" on Monday, 27.04.26.

Registration is possible on the VHS website at vhs.bocholt.de or at the VHS office in the LernWerk. The participation fee is €15 in each case.



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Jenny Bierschenk works as a holistic nutrition and health counsellor at the VHS as a lecturer.