

**A Virtual Program for Women: April 20 to May 25, 2022
6-8PM on Zoom**

A VIRTUAL VETS CHAT & CHEW for Women Veterans, & Active Military Women

**Stressed? Anxious? Trouble
Sleeping? Overweight?
Often there is a history of
digestive and nutritional
issues!**

**VETS CHAT & CHEW is a
program designed for
members of the military
community to come
together and learn about
food, how it can make you
feel, cook it, share the
meal together and make
some new friends at the
same time**

**This group is for
military women**

**April 20 to May 25,
2022 from 6-8 PM on
Zoom**

**Classes begin
promptly at 6 PM**

TO RESERVE A SPACE:

**CONTACT: ANNE
BURNS**

201-592-1130

info@vetschatandchew.com

www.vetschatandchew.com



The program consists of six 2 hour sessions, 1x/week for 6 weeks. Food information will be introduced that can help you start to feel better. Learn from a nutritionist and cook with a professional chef. All activities are designed to teach techniques to use for the rest of your life.

25 PARTICIPANTS

We will give you \$20 to buy ingredients of the meal. We will also provide all the program supplies



The Lillian Schenck Foundation