

New Virtual Program for Veterans, Active Military & Family Members Every Wednesday evening Feb.22—Mar.29,2023 6-8PM

VIRTUAL VETS CHAT & CHEW FOR VETERANS, & ACTIVE MILITARY, FAMILY MEMBERS

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

VETS CHAT & CHEW is a program designed for veterans, active military to come together and learn about food, how it can make you feel, cook it, share the meal together and make some new friends!

A virtual program will take place every Wed. evening on ZOOM—February 22 to March 29,2023 from 6-8 PM

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, one time per week for 6 weeks.

Food information will be introduced that can help you start to feel better.

You will create meals with a professional chef and learn food lifestyle changes from a nutrition consultant.

Healthy, simple and inexpensive recipes will be introduced.

All activities are designed to modify behavior and teach nutritional techniques that can be used for the rest of your life.

25 PARTICIPANTS PER GROUP

We will give you \$20 to buy the ingredients of each meal