

**IN-PERSON PROGRAM: Every Monday Evening: Dec. 5,12,19,26/2022 and Jan.2,9/2023 from 6-7:30 PM at Community Hope, Bldg.53, 2nd floor. Dates may vary with holidays.**

# **IN-PERSON VETS CHAT & CHEW PROGRAM FOR COMMUNITY HOPE VETERANS**

Negative eating patterns can make depression, anxiety, insomnia and chronic pain worse!

**VETS CHAT & CHEW is a program designed for veteran men & women 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 program will take place each Monday evening:**

**Dec. 5, 12, 19, 26-/2022 & Jan 2,9/2023/Dates may vary with holidays**

**At Building 53, 2nd floor**

**6-7:30 PM**

**CLASSES BEGIN PROMPTLY AT 6 PM**

**MASKS REQUIRED**

**Questions? Call Anne**

**At 201-592-1130:**

**If you have food allergies, let us know prior to program!**

**info@vetschatandchew.com**

**www.vetschatandchew.com**

**"Like Us": facebook.com/vetschatandchew and Instagram.com/vetschatandchew**



**The program consists of 6/sessions, 1x/week, 1.5 hours**

**Healing can only begin with a good diet.**

**Create meals with a professional chef, share meals together and learn food lifestyle changes**

**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.**

**15 PARTICIPANTS PER GROUP**

**COMMUNITY  
hope  
VETERANS**