

**New Virtual Program for Veterans, Active Military & Family Members: Every Tuesday evening Oct 18 to Nov.22,2022 from 6-8 PM on Zoom**

# **VIRTUAL VETS CHAT & CHEW PROGRAM 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 and active military & family members 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 Tuesday evening from October 18 to Nov.22, 2022 from 6-8 PM on Zoom.**

**CLASSES BEGIN PROMPTLY AT 6 PM**

**TO RESERVE A SPACE:**

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**WWW.VETSCHATANDCHEW.COM**



The program consists of 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 and share meals together and learn food lifestyle changes from the techniques of a nutrition consultant. You will learn how to cook meals from a professional chef. 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**

**Anne J. Caudal Foundation, Bank of America, NA Co Trustee**

**Butterfly Circle of Friends**

**State of NJ**