

**IN-PERSON PROGRAM: Every Thurs., Sept. 22 to Oct. 27, 2022 6-8 PM  
At American Legion Post 171, 17-08 River Rd., Fair Lawn, NJ**

# **NEW IN-PERSON VETS CHAT & CHEW PROGRAM FOR VETERANS, ACTIVE MILITARY AND FAMILY MEMBERS**

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

**VETS CHAT & CHEW is a  
program designed for  
veterans and active military  
men and 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 in-person program will  
take place**

**Each Thurs. evening Sept. 22  
to October 27, 2022 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 6/sessions, 1x/week, 2/hours.

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

You will create and share meals together and learn food and lifestyle changes from a nutritionist, professional chef & counselor.

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 for travel plus the ingredients of each meal to take home.**

***Anne J. Caudal Foundation, Bank of America, NA C0-Trustee***

***Butterfly Circle of Friends***

***State of New Jersey***