

Thursday, June 30, 2022 from 1-3 pm at American Legion Post 171,  
17-08 River Road, Fair Lawn, NJ

# A VETS CHAT & CHEW & WOUNDED WARRIOR PROJECT EVENT

**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 & families 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**

**EVENT WILL BE FROM 1-3 PM AND WE BEGIN PROMPTLY AT 1 PM**

**At**

**American Legion Post 171  
17-08 River Rd.  
Fair Lawn, NJ**

**TO RESERVE A SPACE:**

**CONTACT: ANNE BURNS**

**201-592-1130**

[info@vetschatandchew.com](mailto:info@vetschatandchew.com)

[www.vetschatandchew.com](http://www.vetschatandchew.com)



The program will consist of a 2 hour session. Food information will be introduced that can help you start to feel better. You will create and share a meal together and learn food lifestyle changes. You will learn and cook the meal with 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 the ingredients of the meal to take home to recreate