

New Virtual Program for Women Veterans & Active Military Women: Every Tuesday evening Sept.28-Nov.2,2021 6-8 PM

VIRTUAL VETS CHAT & CHEW EVENT FOR WOMEN VETERANS & ACTIVE MILITARY WOMEN

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 on Zoom every Tuesday evening Sept. 28 to Nov.2, 2021

6-8 PM

**CLASSES BEGIN
PROMPTLY AT 6 PM**

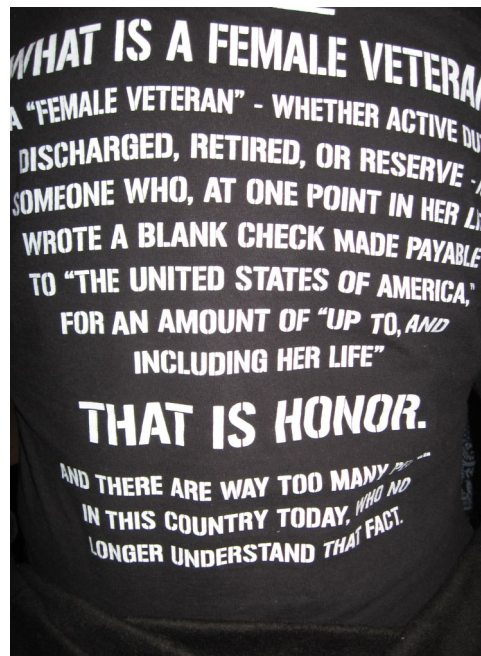
TO RESERVE A SPACE:

**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 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

