

**CLASSES BEGIN: Every Wednesday from October 11–November 15, 2017
6-8 PM at VFW POST 2867, 340 Outwater Lane, Garfield, NJ 07026**

VETS CHAT AND CHEW 2: FOR MALE VETERANS & ACTIVE MILITARY

Depressed? Anxious? Trouble
Sleeping? Eating out of control?
Confused about healthy eating?

EVERY WEDNESDAY EVENING

**VETS CHAT & CHEW is a
program designed for
veterans and 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 at the same time**

October 11–November 15, 2017

**6-8 pm –classes will begin
promptly at 6:00**

At

**VFW Post 2867
340 Outwater Lane
Garfield NJ 07026**

TO RESERVE A SPACE:

CONTACT: ANNE BURNS

201-592-1130

VETSCHATANDCHEW@GMAIL.COM

WWW.VETSCHATANDCHEW.COM

facebook



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.

12-15 PARTICIPANTS PER GROUP

**We will give you \$20 for travel and provide ingredients
of the meal to take home after each session**

