

CLASSES WILL BE HELD AT RUTGERS VETERAN HOUSE NEW BRUNSWICK CAMPUS, 14 LAFAYETTE ST., NEW BRUNSWICK, NJ: From 4:00–6:00 pm on Tuesday April 17, 24, & May 1 and Thursday April 19, 26 and May 3. Rain dates will be on the Friday of each week

VETS CHAT AND CHEW: A PROGRAM FOR VETERANS, ACTIVE MILITARY & FAMILIES

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

**VETS CHAT & CHEW is a
program designed for
women veterans and
active military 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**

**Classes will be held on Tuesdays,
April 17, 24, May 1 and Thursdays,
April 19, 26 and May 3 from 4-6
pm**

At

RUTGERS VETERAN HOUSE

14 Lafayette St.

New Brunswick, NJ

We begin promptly at 4:00 pm

TO REGISTER CONTACT:

**Arcadio at 848-932-8387
or arodjr@echo.rutgers.edu**

QUESTIONS: CALL ANNE

At 201-592-1130

VETSCHATANDCHEW@GMAIL.COM

WWW.VETSCHATANDCHEW.COM

Facebook



The program consists of six 2 hour sessions, one time per week for 3 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 the ingredients of the
meal to take home after each session**

**Thank you: Overwatch Alliance , Whole Foods Market,
Chobani, PFG Metro New York Food Service, Badia Spices**