



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

Nutrition & Food Service & Hudson Valley MOVE Present...

“A Taste of Health”

Cooking demonstration by Raymond Brannigan, Cook
Moderator Connie Tirado, Registered Dietitian

- See how much sugar and fat are in different foods, everyone gets to taste!
- Learn more about how we help you meet your weight management goals!
- If you are at either of the main campuses (Castle Point or Montrose), come sample a healthy, delicious recipe prepared right before your eyes!

Wednesday March 7th @ 12:15 pm
Montrose - Building 15 Room 16
Castle Point - Multipurpose room

Please note, cooking demonstration will be broadcasted using video-conferencing technology to all 7 Community Based Outpatient Clinics (CBOCs)

Contact Angela Vicario at 914.737.4400 ext. 2055 to be scheduled to participate.



MOVE!® WEIGHT MANAGEMENT PROGRAM

is a national weight management program designed by the VHA National Center for Health Promotion and Disease Prevention (NCP), a part of the Office of Patient Care Services, to help veterans lose weight, keep it off and improve their health.

