

Nutrition and Food Services

<u>Program Name</u>	<u>Description</u>	<u>Website</u>	<u>Contact Info & To register</u>
Healthy Teaching Kitchen (JTK) Program - Sponsored by The U.S. Department of Veterans Affairs	This program provides Veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods.	https://www.nutrition.va.gov	Kelly Zimmerman 708-940-8442

Health and Fitness

<u>Program Name</u>	<u>Description</u>	<u>Website</u>	<u>Contact Info & To register</u>
Work Out With Us! Sponsored by The U.S. Department of Veterans Affairs	Are you looking for ways to integrate regular fitness and wellness classes into your routine at no cost?	https://millenniumhealthandfitness.com	https://millenniumhealthandfitness.com/visn12-registration/

Senior Living

<u>Program Name</u>	<u>Description</u>	<u>Website</u>	<u>Contact Info & To register</u>
The Power to Lift Lives Every Day Provided by Comfort Keepers	Elevating the Human Spirit to help seniors stay in their homes as they age by offering companionship and in-home care services.	https://www.comfortkeepers.com/	630-834-8366