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**American Heroes Network
Archives Available
July 19th 2016: COOKING FOR VETERANS
MENTAL HEALTH SHOW**

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We believe, "The Cooking for Veterans Mental and Physical Health Show", is the first show of its kind. There has never been a show produced and broadcast that will teach cooking for all aspects of health both mental and physical as this show intends to do

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Featured Guests



Glenn Towery

In early 2014, Glenn Towery created the Veterans Suicide Prevention Channel on Youtube. A few months later he is hard at work with a group of dedicated professionals creating a national broadcast site for the Veterans Suicide Prevention Channel. The intent of that channel is to find a way to save veteran's lives.

[Read more](#)



Chef Andre Rush & Chef Charles Johnson

Our Veteran chefs are Andre Rush a retired Army Master Sergeant Chef who currently prepares nutritionally balanced and delicious foods at the White House in Washington DC and is a Master Chef trained in classical plating, baking/ cake decoration, and a master ice carver. The other veteran and chef is Charles Johnson, a retired Army Staff Sergeant Chef who has worked as the Culinary Arts Instructor for the Fort Bliss Culinary Arts Team and was classically trained thru the United States Army and the Culinary Institute of America.

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