

THE COGNITIVE KITCHEN

A free social cooking and nutrition education program for care partners of people living with dementia and anyone aged 55 and over

The Cognitive Kitchen consists of a brief Zoom orientation followed by 6 weekly virtual classes.

The next program schedule will be determined based on participant interest and availability.

Visit surveymonkey.ca/r/cognitivekitchenintake or scan the QR code below to express your interest!



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Research participation is an optional component of the Cognitive Kitchen. The research activities have been approved by the USask Behavioural Research Ethics Board (Beh #4108).