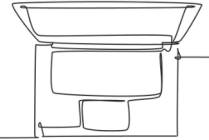




We are excited to welcome participants to the

COGNITIVE KITCHEN



*A Culinary Nutrition Education Program to
Support Dementia Risk Reduction and
Living Well with Dementia*

**Virtual and
in-person
offerings
available**

- **What is it?** A 6-session weekly cooking group led by a Registered Dietitian
 - Each 90-120 min. session includes food preparation, nutrition education, and great company!
- There is no cost to participate.
 - Ingredients are provided for in-person sessions and participants in virtual sessions may submit receipts for their ingredients to be reimbursed (up to \$50/session).

Two main streams:

- The CK-CP - For care partners of people living with dementia
- The CK-OA - For adults 55 and over

We welcome people living with dementia to attend the CK-CP if the program format is suitable. We ask that care partners complete the intake survey and indicate their preferences.

If you are interested in the program, please complete the intake survey via the link below.

At the end of the survey you will also be invited to participate in an optional research study of the program. You are welcome to participate in the program without participating in research.

Intake Survey Link:

www.surveymonkey.ca/r/cognitivekitchenintake

Offerings will be scheduled based on a rolling intake process up to July 2024. In-person offerings will take place in communities within 150 km of Yorkton. We will follow up with interested participants by email.

Sign up today to let us know there is interest in your community!



More information about upcoming offerings: fb.com/cognitivekitchencoordinator

The research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).

Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada

