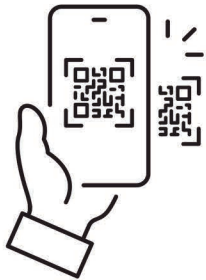




TO REGISTER

Scan the QR code with a smartphone or enter the link to complete the intake survey to express your interest today!



surveymonkey.ca/r/cognitivekitchenintake

If you have any questions, please contact the project coordinator at julie.beitel@usask.ca. If preferred, arrangements can be made to sign up by phone.



"WHERE LEARNING AND SOCIALIZING PROVIDE A RECIPE FOR FUN"

More Information

ruraldementiask.ca

fb.com/cognitivekitchencoordinator



Location

Offered to people living within 150 km of Yorkton, SK



Contact Us

julie.beitel@usask.ca



COGNITIVE KITCHEN



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



ABOUT THE PROGRAM

The Cognitive Kitchen is a 6-session cooking and nutrition education program to support dementia risk reduction and living well with dementia.

ELIGIBILITY

To participate, you must be either:

- an adult 55+ interested in learning about dementia risk reduction OR
 - a care partner of a person living with dementia
- and
- living in SK (priority given to those living in a 150 km radius of Yorkton)

People living with dementia are welcome to attend with their care partners.

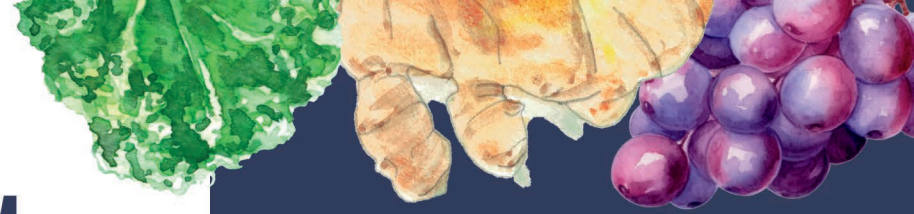
IS THERE A COST?

Nope! Ingredients are provided for in-person programs and receipts can be submitted for reimbursement up to \$50/virtual session.



PROGRAM HIGHLIGHTS

- ✓ Empower yourself with practical cooking techniques and nutrition strategies
- ✓ Share experiences and connect with a supportive community
- ✓ Learn ways to enhance cognitive well-being through mindful choices
- ✓ Discover ways to reduce food waste and save money
- ✓ Be inspired to create with ingredients you have available



LED BY A REGISTERED DIETITIAN



Julie Beitel (RD, MSc Student) and Allison Cammer (RD, PhD) hosted virtual Cognitive Kitchen sessions in the fall of 2022.

VIRTUAL AND IN-PERSON OPTIONS AVAILABLE

The different program streams will be scheduled based on participant interest and availability. Sign up today to let us know there is interest in your community!

Cognitive Kitchen attendees are also invited to participate in an optional research study of the program. The research component is entirely voluntary. More information can be found in the intake survey (linked on the back of this page).

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

