

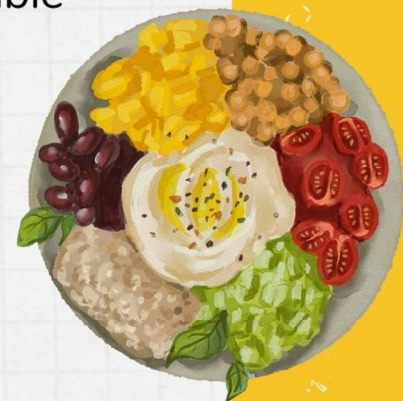
COGNITIVE KITCHEN

- A 6-session social cooking class ft. discussions on strategies to support dementia risk reduction and living well with dementia
- **Two streams available:**
 - One for adults 55+
 - One for care partners of people living with dementia
 - We welcome people living with dementia to attend with their care partner if suitable
- **No cost to participate!**
- **Open to SK residents with priority to those living within a 150 km radius of Yorkton** - Virtual and in-person options available



Scan the QR code or enter the link to complete the intake survey to express your interest today! Contact julie.beitel@usask.ca with any questions.

www.surveymonkey.ca/r/cognitivekitchenintake



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

