

# MIND HEALTHY

## *Brain Happy*

JOIN US FOR  
COOKING CLASS



**MIND HEALTHY Brain Happy** programs are a comfortable gathering that allow people living with dementia and their care partners to socialize and engage in activities in a safe, welcoming environment.



Partnering with Baker Hunt, our dementia care partners will develop some skills and build their cooking confidence, as well as learn ideas for how to keep someone with dementia safely engaged in helping you in the kitchen. Focusing on “brain healthy” recipes and education about the MIND diet. What a great way for people with dementia and their care partners to be in a supportive atmosphere that encourages positive energy, social interaction and fresh food.



Join us for this fun, tasty and educational gathering.

Free and welcoming to all. Reserve your spots by emailing Sarah Shaffer at [sshaffer@erslife.org](mailto:sshaffer@erslife.org), or call 513.979.2312.



**WHEN:** Monday - January 12

**WHERE:** Baker Hunt Art & Cultural Center  
620 Greenup Street,  
Covington, KY 41011.

**TIME:** 10am-noon.

Presented by

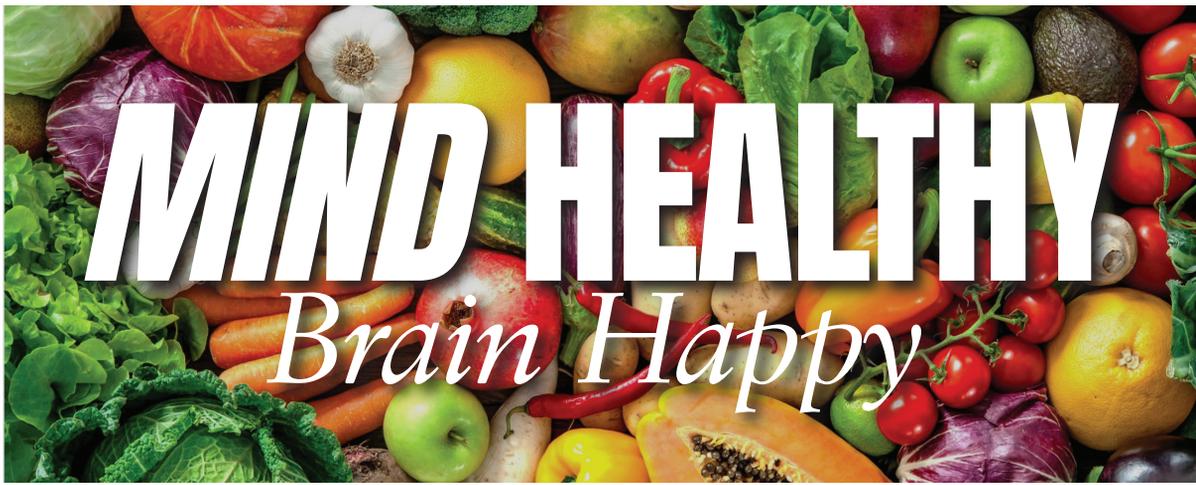


[TheERSCenter.org](http://TheERSCenter.org)

In partnership with



[bakerhunt.org](http://bakerhunt.org)



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**WHEN:** Monday - February 9

**WHERE:** Baker Hunt Art & Cultural Center  
620 Greenup Street,  
Covington, KY 41011.

**TIME:** 10am-noon.

Presented by



Episcopal Retirement Services

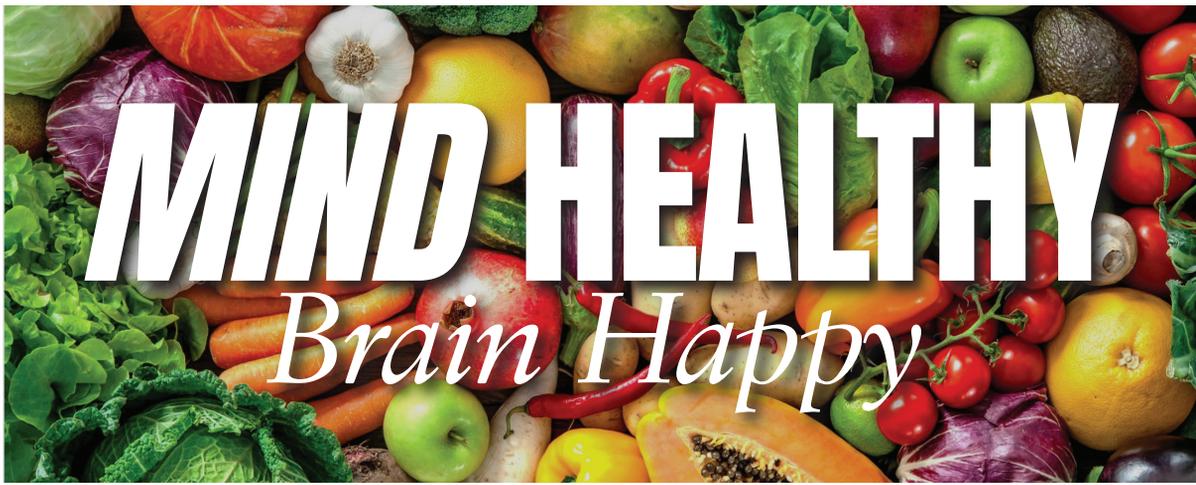
**CENTER FOR  
MEMORY SUPPORT  
AND INCLUSION**

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**WHEN:** Monday - September 14

**WHERE:** Baker Hunt Art & Cultural Center  
620 Greenup Street,  
Covington, KY 41011.

**TIME:** 10am-noon.

Presented by



Episcopal Retirement Services  
**CENTER FOR  
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AND INCLUSION**

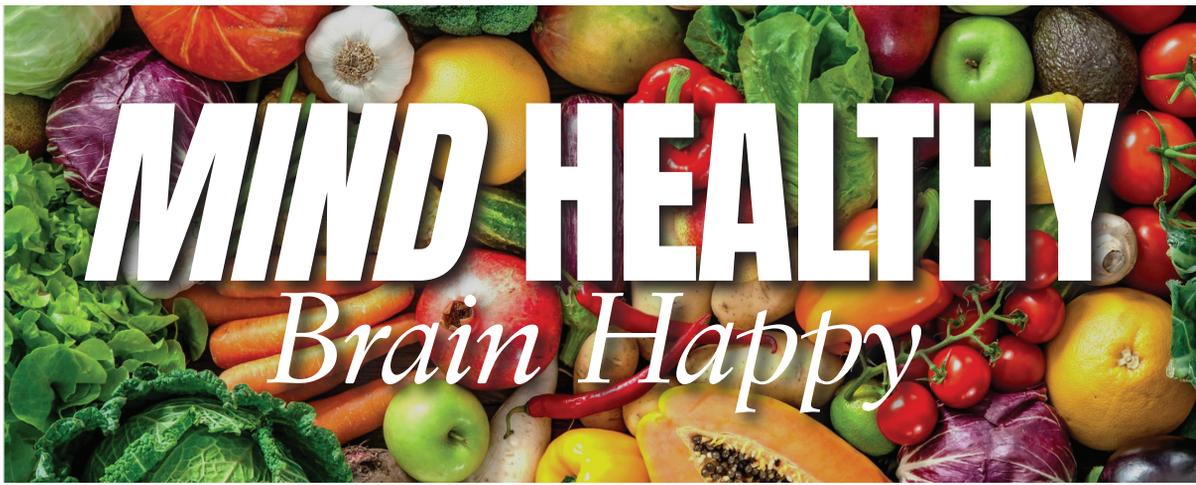
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**BAKER HUNT**  
ART and CULTURAL CENTER

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**WHEN:** Tuesday - November 10

**WHERE:** Baker Hunt Art & Cultural Center  
620 Greenup Street,  
Covington, KY 41011.

**TIME:** 10am-noon.

Presented by



Episcopal Retirement Services

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