



CONNECTION, CONVERSATION, AND COMMUNITY

Join the Cozy Kitchen Club at Three Pillars



COZY KITCHEN CLUB

- Meets the second Monday of every month
- 10am - 11am
- **Wellness Connection –Kitchen**
404 North Main Street, Dousman

Who's Invited:

Individuals living with dementia and their caregivers are warmly invited to join the Cozy Kitchen Club, hosted by Three Pillars' Wellness Connection.

These friendly meetups offer a supportive, engaging space for those in the early to middle stages of dementia to enjoy the simple pleasures of cooking together. In our cozy kitchen, participants will prepare, cook, and share a light snack—all while fostering connection, conversation, and community.

Caregivers:

Caregivers are kindly asked to remain on-site during the session. While your loved one participates, you're welcome to relax, take a tour of the Wellness Connection, or enjoy a complimentary workout in the fitness center.

Free & Open to the Public.

Registration is required. Space is limited.

Please RSVP a least one week in advance to ensure adequate supplies.

Get info on these resources and more at
threepillars.org/cognitive-health-initiatives-programs/

CONTACT

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