



FOOD/TRAVEL

Informative event set on brain health

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WESTFIELD-When was the last time you thought about cooking a meal that was “brain healthy?”

On April 24, chef Christopher Marsh, director of dining experience at Armbrook Village, will provide a fun and educational presentation from 10 to 11 a.m. titled “Brain Healthy Cooking ... for One!” at the Westfield Senior Center.

“People will learn how to prepare multiple tasty dishes out of a short list of healthful staples, helping them cut the waste and stretch their shopping budget when cooking for one,” said Julie Waniewski, director of community relations and a certified dementia practitioner at Armbrook Village.

“Research points to the important role played by diet in the cause, prevention and management of Alzheimer’s disease,” added Waniewski, who will lead off the presentation with healthful information prior to the cooking demonstration. “Armbrook Village’s award-winning Brain Healthy Cooking Program is based on the well researched Mediterranean diet which provides protective benefits and enhances cognitive function at any age.”

While this is the first presentation for Marsh at the senior center, Waniewski has hosted lectures in the past including “Boost Your Brain Health By Eating Well,” “The Dementia Experience,” and “Understanding Dementia in the Real World.”

Marsh attended Holyoke Community College, majoring in hospitality management, interned at the Chatham Bars Inn on Cape Cod, and has been a local chef for more than 25 years in several venues from country clubs and colleges to restaurants.

“A combination of cold and heated samples for attendees to try will include Lemon Chicken Soup, Salmon Cakes with Remoulade Sauce, and Greek Yogurt Panna Cotta with Berry Coulis,” said Marsh.

Waniewski added that participants will receive a recipe book to take home along with recipe cards and a shopping list.

Individuals interested in attending the presentation are required to reserve a spot by calling the senior center at (413) 562-6435.



Christopher Marsh, director of dining experience at Armbrook Village in Westfield, will lead an informative lecture April 24 at the Westfield Senior Center. (Submitted photo)