



MINDFUL BRAIN FOOD FEST

A Culinary Journey for Mental Wellness

FRIDAY, MAY 1, 2026

WELLNESS MARKET: 6:00 PM

DINNER: 7:00PM - 9:00PM

EPCC CULINARY ARTS SCHOOL

9050 VISCOUNT BLVD

EL PASO TEXAS 79925

**An Elegant 5-Course Plant-Based Dining Experience
Designed around nutrient-rich foods that support
brain health and mental well-being**

Prepared and served by
EPCC CULINARY ARTS STUDENTS

EXPERIENCE INCLUDES

- Five-course plant-based dinner
- Education wellness presentations
- Mindful eating experience
- Local vendors wellness market
- Raffle prizes

\$50.00 PER PERSON
REGISTRATION DEADLINE
APRIL 22, 2026



Registration Link: [Mindful Brain Food Fest](#)

Hosted By:
Gigi Shamaley, Ph.D.
Texas A&M AgriLife Extension
Angelee.Shamaley@ag.tamu.edu

FEATURED PRESENTERS

Dr. Stephanie Rogus, PhD, RDN, FAND
"Nutrition and Brain Health"

 **ALZHEIMER'S
ASSOCIATION**
"Brain Healthy Lifestyle"

 **The Green Ingredient**
"Mindful Eating Experience"