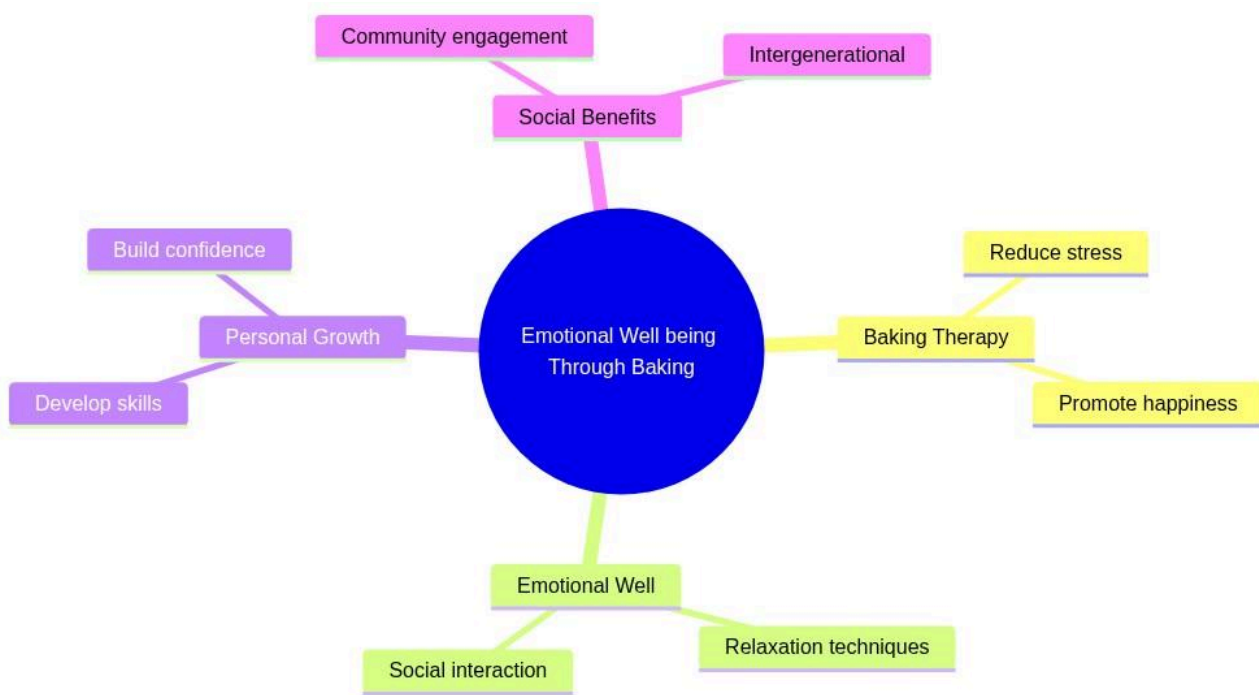


Masterclass Certificate in Baking for the Elderly

Emotional Well-being Through Baking.



mindmap

```

root((Emotional Well being Through Baking))
  Baking Therapy
    Reduce stress
    Promote happiness
  Emotional Well
    Relaxation techniques
    Social interaction
  Personal Growth
    Develop skills
    Build confidence
  Social Benefits
    Community engagement
    Intergenerational
  
```