

Emergency Contact:

[www.dementiawellnesscanada.com](http://www.dementiawellnesscanada.com)

For more information and training  
on dementia-inclusion, go to:



I want to eat healthy and I may  
need your help.  
**I am experiencing memory  
challenges.**



**My name is:**

**Foods I enjoy eating...**

**My food restrictions and/or eating challenges**

**If I need support, it may help to...**