

Emergency Contact:

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

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



I want to be physically active  
and I may need your help.  
**I am experiencing memory  
challenges.**



**My name is:**

**I want to be active because...**

**Sports and physical activities I enjoy are...**

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