## **Emergency Contact:**



For more information and training on dementia-inclusion, go to: <a href="mailto:www.dementiaexercise.com">www.dementiaexercise.com</a>

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