

[www.uwaterloo.ca/DICE](http://www.uwaterloo.ca/DICE)

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DEMENTIA-INCLUSIVE  
CHOICES FOR EXERCISE

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

I want to be physically active  
and I may need your help.  
**I have dementia.**



**My name is:**

**Why do I want to be active?**

**What sports or exercise have I enjoyed?**

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

FOLD LINE