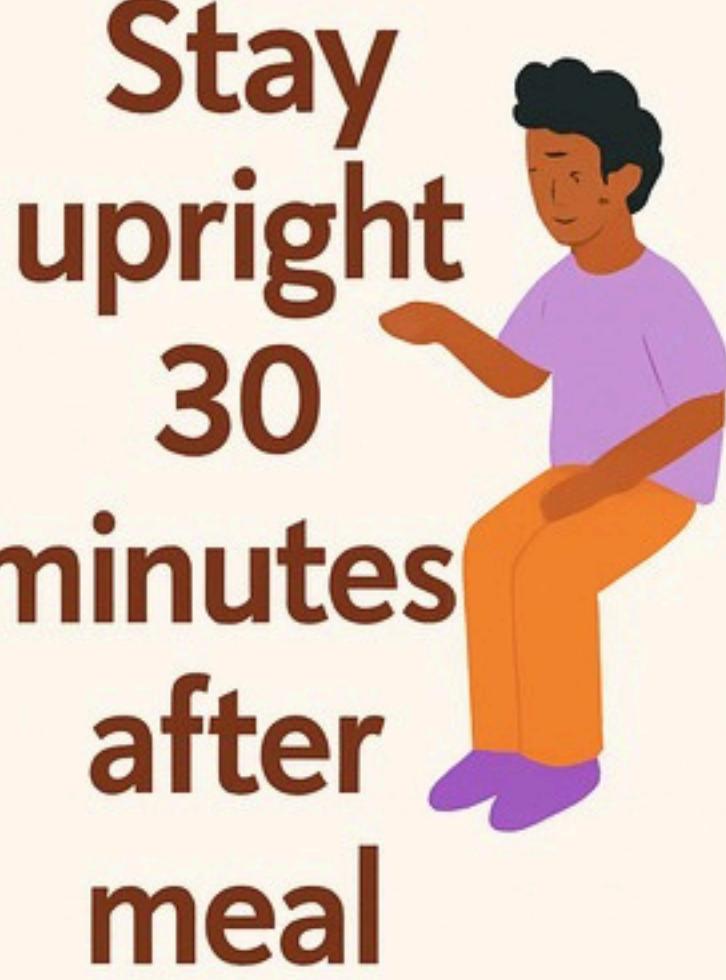


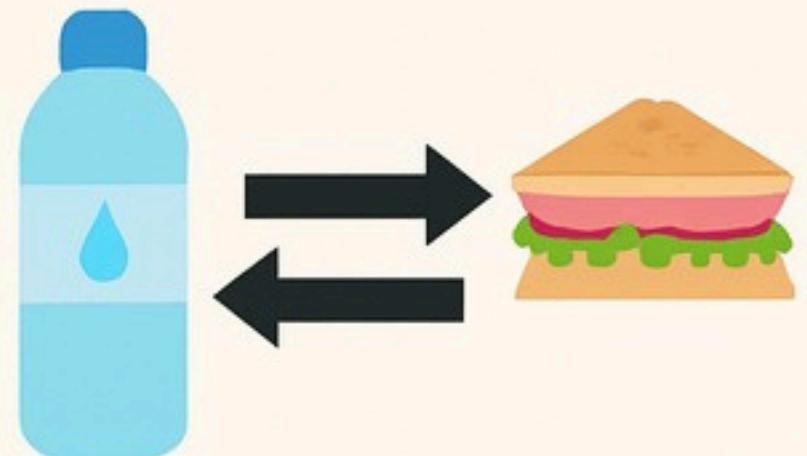


**Sit upright
in bed
or
wheel-chair**



**Stay upright
30
minutes
after
meal**

**Take
alternating
bites and**

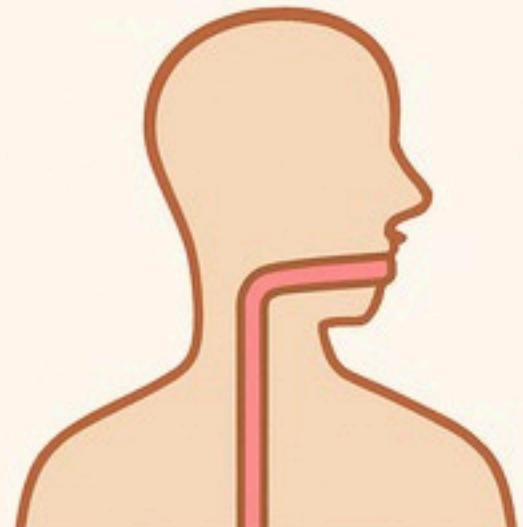


**Small bites
and sips**



EJT Communication Consultant
Communicate with Confidence, Inspire with Impact

**Complete your
swallow with
multiple swallows**



**Clear food
from mouth
with drink
of liquid**

