

Health and Wellness

Y J C F F W A L K I N G I W S L E E P M O I T U
 H Y N K A J P L U L K H U Q L S E E C J X S R O
 K B Z N T U P G Q H U R K U G W X K S I M Y D K
 U F B V Q V B N Y F Y A I H H E U X S V J H K T
 E Y F Q S F R I G D M D E I R H W M P F T Y A Z
 C E P U E A P H N B A X R C E M Y S O L V H E K
 N B H X J J P G O R N V I A P B T G A W R M F X
 A S Y F P A G U I P E S J F T R O E I E Y L I S
 L T S L Y M N A T S E L T A E E H K E E G I L N
 A T I T E E I L I M M Z I S Q L A T U R N C F B
 B Y C Q A I K C R E D I S G A P N V T S I E O Y
 X S A K F Y I E T J E E F T I U L G I Z W B Y J
 A S L E K I B W U B B R N H L O S R R C E W T P
 B P H L H Q N Y N M T E F O X N N R S Y B L I O
 P I O S T O N A E Q M X V Z D Q N S U G C G L E
 E R C S W V T Z N G J S U H J B M G P N S Q A M
 Y I C E W B H S E C J H E A L T H Q P I W J U O
 O T U N Q G E I W W I A O Q F B O U O P I K Q T
 G U P L V A R P H E I A T R C D P K R O M Z G I
 A A A L X A A B G V S A L K D I N K T C M Q X O
 K L T E M C P V M O V H S L A O G U C G I I J N
 J I I W G Y Y W H T K M Y Z M K Q I F M N Q L A
 H D O U X R E S P O N S I B I L I T Y F G B W L
 Z M N Y Q C L K K K P Y O L E Z E S O C I A L I

quality of life	responsibility	mental health	occupation	spiritual
financial	nutrition	volunteer	emotional	exercise
laughing	physical	religion	wellness	swimming
support	hydrate	therapy	walking	hygiene
balance	biking	coping	social	health
stress	sleep	goals	debt	yoga