

Name: _____

Date: _____

Here's to Health!

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

Health Care Provider
Lifestyle
Barriers
Physical
Balance
Social
Learn

Relationship
Nutrition
Exercise
Options
Support
Safety
Sleep

Resolutions
Planning
Wellness
Helpful
Budget
Stress
Tips