

Ways to Wellbeing

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

Healthy Eating
Wellbeing
Connect
Share
Give

Better Sleep
Wellness
Create
Happy
Fun

Mindfulness
Outdoors
Nature
Laugh

Meditation
Balance
Active
Care