

Name: _____

Date: _____

Wellness

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

Ara Poutama Hokai Rangī Well Being Emotional
Wellness Physical Mindfull Walking
Nourish Active Social Health
Mind