

Wellness

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

blood pressure
diabetes
running
flu

cholesterol
wellness
healthy

Nutrition
exercise
sleep