

# Wellness Wednesday!

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

work-life balance

appreciation

mindfulness

therapeutic

confidence

motivation

optimistic

positivity

beautiful

wellbeing

wonderful

maintain

meditate

powerful

wellness

health

faith

happy