

# healthy living

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

canadas food guide

acupuncture

nonverbal

Healthy

inhale

health triangle

stressors

swallow

mental

verbal

communication

first aid

topical

stress

bites