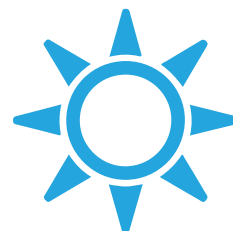


# Fall Wellness

## Word Search



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

- GRATITUDE
- GIVING
- BALANCE
- REST
- HYDRATION
- WALKING
- VITAMINS
- NUTRIENTS
- CARDIO
- HEALING
- JOY
- MEDITATION

