

Healthy Aging

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

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