

National Wellness Month

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

WATER
SELFCARE
FRIENDS
DECLUTTER
HEALTHY EATING
JOURNALING
MEDITATION
YOGA
SPA
FITNESS CLASS
SUNSHINE
BEACH
SLEEP
PLAYING
EXERCISE

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