

# September Is Healthy

## Aging Month

Find the names of 20 ingredients of senior health and well-being in this puzzle!



BALANCE CLASS

CARE SUPPORT

CHECKUPS

DENTIST

EDUCATION

EYE CARE

HEALTH CARE

HOME SAFETY

HYDRATION

IMMUNIZATIONS

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



MEDICATIONS

MENTAL EXERCISE

NUTRITION

PHYSICAL ACTIVITY

PLANNING

POSITIVE ATTITUDE

QUIT SMOKING

SOCIALIZATION

WALKING

WEIGHTS