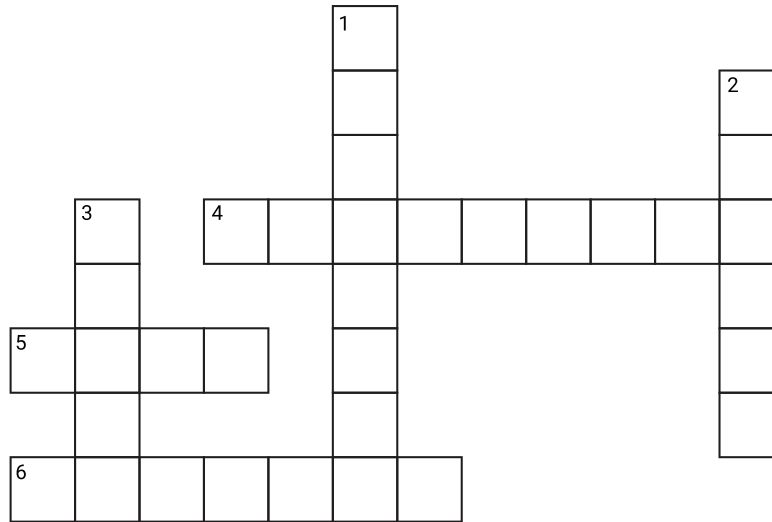




HEALTHY LIVING QUIZ CROSSWORD PUZZLE



ACROSS

- 4 It is important to maintain this balance to reduce stress
- 5 If feeling stressed or depressed reach out to others for this
- 6 When this is prescribed talk to your doctor about alternatives

DOWN

- 1 Drink water to stay...
- 2 Take these throughout the work day
- 3 It is important to get 7-9 hours of this each day



Proud Member

Answer Key
Across: 4. Work-life 5. Help 6. Opioids
Down: 1. Hydrated 2. Breaks 3. Sleep