International Self-Care Day – July 24!

Complete this word search puzzle for a chance to enter the International Self-Care Day Contest! Don’t forget to check out our new website design at www.seiwest.ca!

Name: _______________________________________________________

KEY:
1. nutrition
2. lifestyle
3. hygiene
4. sports
5. exercise
6. wellbeing
7. health
8. safe sex
9. vaccines
10. knowledge
11. leisure
12. music
13. art
14. self-awareness
15. prevention
16. yoga