



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.seiuwest.ca!

Name: _____

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

KEY:

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