

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Healthy Tips For Celebrating Holidays

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

ATTEND A SOBER FUNCTION

AVOID PAST ACTIVITIES

DON'T SMOKE ANYTHING

ALCOHOL FREE DRINKS

FEED THE HOMELESS

MARATHON MEETINGS

EAT LOTS OF FOOD

BE WITH FAMILY

MAKE A MEETING

BE GRATEFUL

BE HAPPY