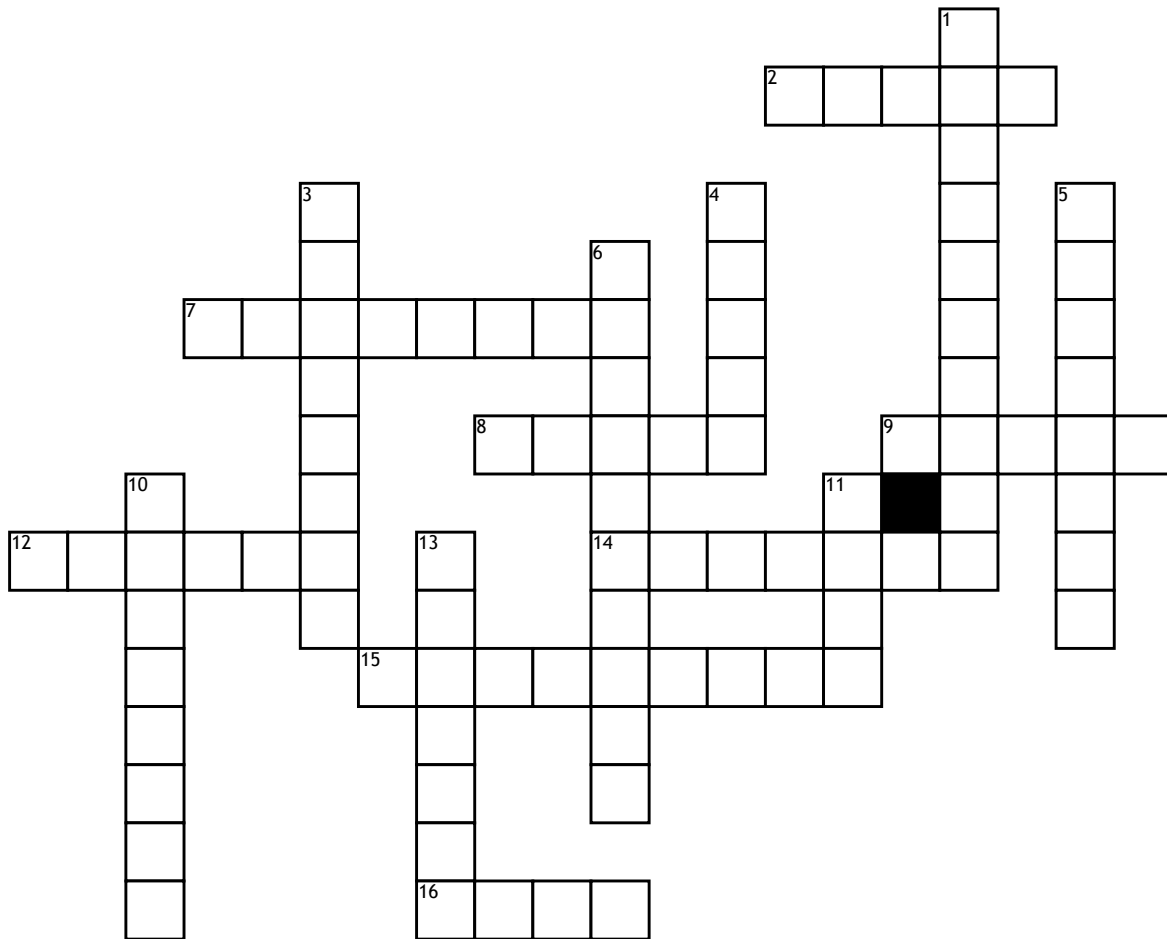


Wellness Week 2019



Across

2. Drink plenty of _____
7. Activity requiring physical effort, carried out to sustain or improve health and fitness
8. Form one's features into a pleased, kind, or amused expression
9. We cannot function properly without _____
12. Use these instead of the lift

14. Speak louder than words

15. For every minute you are angry you lose sixty seconds of _____

16. Builds strength, awareness and harmony in both the mind and body

Down

1. Rich in nutrients and fibre

3. Improves flexibility and improves posture

4. Keeps the doctor away

5. RACP's EAP provider

6. Process of training your mind to focus and redirect your thoughts

10. Opposite to glass half empty

11. Animals used to improve mental health

13. A happy heart is _____ heart