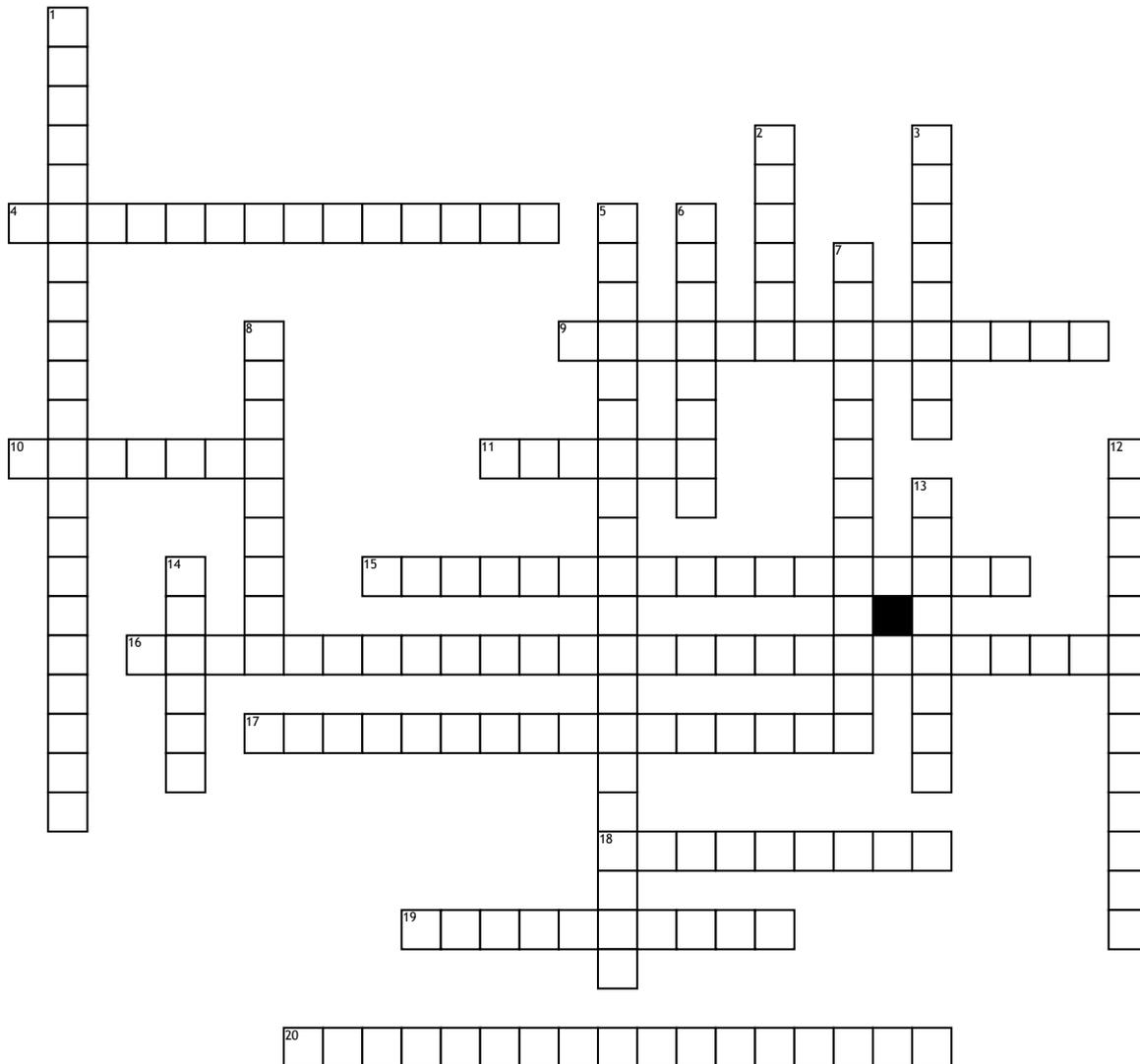


health ,wellness and communication



Across

4. creating and maintaining healthy relationships through the choices we make.

9. the measure of the different aspects of health is the

10. following the crowd

11. pressure or tension exerted on a material object

15. discovering meaning and purpose in life.

16. an exchange of information between two or more people

17. making choices to help our body(working out)

18. providing or obtaining the food necessary for health and growth

19. "bully type",disrespectful

20. the process of accepting our worth.

Down

1. making choices that will improve the quality of life in the universe.

2. the state of being free from illness or injury

3. to teach or promote information

5. the process of using our minds

6. the state of being in good health

7. the process of making and maintaining choices related to work.

8. message is clear and complete

12. the imparting or exchanging of information or news

13. activity to improve your health

14. disease caused by an uncontrolled division of abnormal cells in the body