**WORD SCRAMBLE**

Mental Health and Wellness

1. **SIFDULNEMS**  __ __ __ __ __ __ __ __ __ __
2. **UELISRE**  __ __ __ __ __ __ __ __ __
3. **ACELSFER**  __ __ __ __ __ __ __ __ __ __ __
4. **OPTVIYITIS**                 __ __ __ __ __ __ __ __ __ __ __
5. **TSOMEION**  __ __ __ __ __ __ __ __ __ __ __
6. **POPUSTR**  __ __ __ __ __ __ __ __ __ __ __

**CROSSWORD**

Physical Health and Wellness

**ACROSS:**
1. I’m tired. I should get some ___.
2. Walking is a good way to get some ___.
3. Water provides essential ___.
4. Junk food should be eaten in ___.
5. Weights are used to ___ the muscles.

**DOWN:**
2. Walking is a good way to get some ___.
4. Vegetables are an excellent source of ___.

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**SUDOKU**

Game by sudokuweb.org

```
9 4 6 8 1 7
5 1 3  
  
2 7 3 6
8 3 9 2
7 9 4 1 5 2
1 9 4
6 9 4
5 8 2 1 6 9
4 5 8 2 1 6
```

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