

OMEGA 3

WORDSEARCH

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

GRANOLA

BRAIN

LIFESTYLE

NUTRITION

DIET

HEALTH

MEMORY

OMEGA

FOCUS

JOURNALING

MOOD

WELLNESS