



DOC Wellness Spring Challenge: Thank Your Brain

Mental health is a strong pillar of overall wellness and well being. Strategic games, learning new skills, and educating yourself on new topics, are all ways you can improve your cognitive behavior.

Engage in the Spring Challenge puzzles as a fun way to thank your brain for all it does for you.

For each puzzle completed correctly and returned to Juli Huddleston, Wellness Coordinator, employees will receive 100 employee recognition points and spouses and retirees will earn 100 points towards a variety of available prizes.

For more information on the affects of mental activities on brain health, visit the Alzheimer's Association at alz.org.

Thank Your Brain

May Puzzle #2: Wellness Word Search

Fill the answer to the questions. Find the answers within the word search.
Words may be backwards or diagonal.

- Both a vegetable and an herb, with culinary and medicinal uses. Potent and spicy when eaten raw, mild flavor when cooked. _____
- Nutrient produced by the sun and stored in the liver. One of its roles in the body is to help absorb calcium. _____
- Technique intended to release muscles tension. _____
- An evaluation of health based on blood lab results, past and current wellness. _____
- Long term, often referring to a condition of health. _____
- Contains vitamins, minerals and other compounds essential for life. _____
- Popular Bend hiking location with a view. _____
- Heat that drives body processes. _____
- Green leafy herb found in the caprese salads. _____
- The act of contracting muscles and pivoting joints. _____

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

