



## Wellness Mind Energizers 2024

To start off the new year, take some time to get your mind active! Here is a quick wellness activity for you to try.

See how many you can decipher, send your responses to [garthwade145@gmail.com](mailto:garthwade145@gmail.com) – winner/s will be announced in February. Good Luck!

1. TURN  
HIM
2. BR  
A  
N  
C  
H
3. Grape Grape  
Grape  
Grape Grape
4. TRAIN  
NIGHT
5. DKEEPHERARK
6. CONCERN
7. linehe
8. Y A P
9. TRHEOUBLE
10. resort resort resort resort
11. Drunk  
Clouds Clouds  
Clouds
12. Holiday  
C C C C
13. Millioneon

14. What do the following words have in common?

Example: camera / dishwasher / gun Answer: You load them

- a) Life / Money / Stamps
- b) Winner / Pocket / Fight
- c) Town / Breakfast / Classes
- d) House / Picture / Nails
- e) Worm / Criminal / Subway