



Word Jumble

ctcsatel _____ vigocnite _____

vispoite _____ hotshugt _____

iocmttisip _____ casoileb _____

tootoluk _____ cenptacecn _____

ilef _____ difonccene _____

gnamein _____ mmmtictone _____

Unscramble the letters to reveal words associated with being mentally healthy.

Did you know that volunteering

helps keep you mentally healthy?"