



Activity 1

Word Puzzler

HEALTHY	INESS	THOUGHT	BEL
HAPP	ING	GRATI	POSI
SMIL	WELL	COM	ONG
TUDE	FUL	MIT	TIVE

The letters in each box above can join with only one other box to form a complete word. Hidden amongst the boxes is the name of the initiative dedicated towards improving the physical and mental wellbeing of the Muswellbrook Community. Once you've joined all the words, the two remaining pieces will reveal this organisation.

Write the initiative name here: Muswellbrook _____ & _____

"Keeping mentally healthy is as important as staying physically healthy"