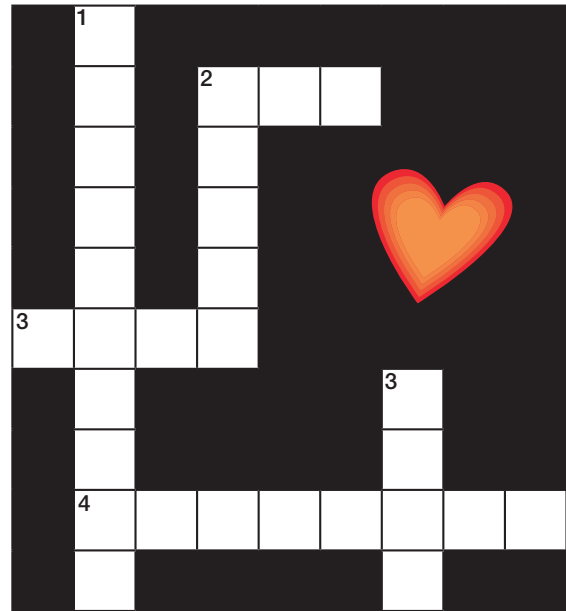


Crossword

February is Heart Month.
Take care of your heart.



Across

2. Eat less ____ .

3. Eat less ____ .



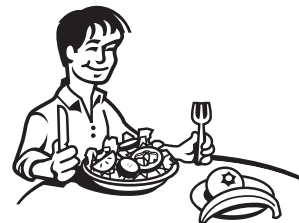
4. Get more ____ .



Down

1. Eat more ____ .

2. Eat more ____ .



3. ____ smoking.



👉 **Answers on page 2**

Adapted from The Westcoast Reader • Art: Guy Parsons

Answer box

