

Heads Up! For a healthier Brain

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



ACTIVITIES
ALZHEIMERS
BRAIN
CHOLESTEROL
DIABETES
DIET
DISEASE
EXERCISE
FAMILY
FISH
FLAX
FRIENDS

HEAD
HEALTHY
HEART
HELMUT
HOBBIES
HYPERTENSION
LIFESTYLE
MYTHS
REDUCE
STRESS
SUDUKO

Alzheimer Society

CALGARY

Heads Up! for healthier brains Solution

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

(Over,Down,Direction)

- ACTIVITIES(15,1,S)
- ALZHEIMERS(7,7,SE)
- BRAIN(13,14,NE)
- CHOLESTEROL(1,13,E)
- DIABETES(10,8,NW)
- DIET(7,16,W)
- DISEASE(13,7,N)
- EXERCISE(8,18,W)
- FAMILY(12,13,S)
- FISH(10,17,NW)
- FLAX(14,4,N)
- FRIENDS(6,2,SE)
- HEAD(5,14,SW)
- HEALTHY(2,9,NE)
- HEART(3,15,E)
- HELMUT(20,12,NW)
- HOBBIES(3,11,E)
- HYPERTENSION(1,12,NE)
- LIFESTYLE(16,5,SW)
- MYTHS(7,1,SE)
- REDUCE(6,1,SW)
- STRESS(17,19,W)
- SUDUKO(17,18,N)