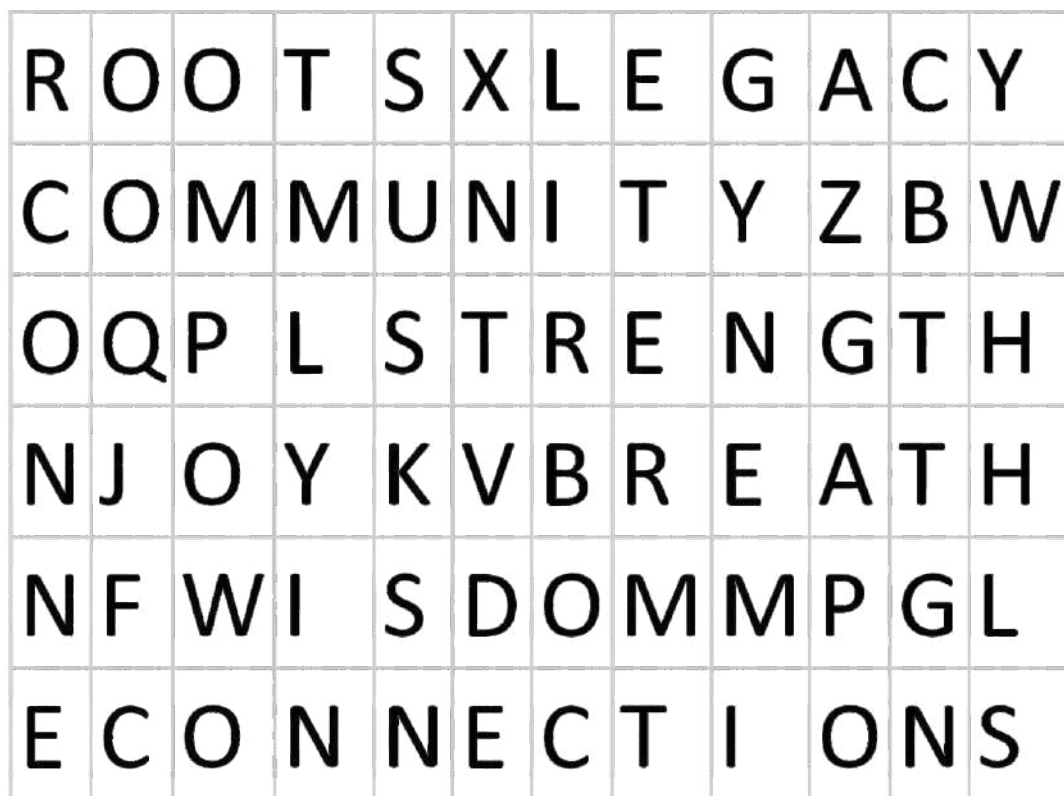


## "ROOTS & RESILIENCE" WORD SEARCH

Instructions: Find the hidden words in the grid below. They can be found horizontally (across) or vertically (down).



- **COMMUNITY** (Connecting with others)
- **WISDOM** (The gift of our elders)
- **LEGACY** (What we pass on)
- **STRENGTH** (Our inner resilience)
- **BREATH** (Focusing on the now)
- **JOY** (Finding small moments of happiness)
- **ROOTS** (Our culture and history)
- **CONNECTION** (The heart of healthy aging)