



# SMARTCARE INTEGRATED BEHAVIORAL HEALTH

Partnering with your community healthcare team to assist residents achieve wellness

Stronger Families...Brighter Futures

SINCE 1957

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## Healthy Kids

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

CLIMB  
 HIKE  
 SWIM  
 ORGANIC  
 WASH  
 BREATHE  
 YOGA  
 AFFIRMATION  
 CALM  
 FRIEND  
 RUN  
 VEGETABLES  
 FRUITS  
 SLEEP  
 MEDITATE

RESPECT  
 RESPONSIBILITY  
 CONSERVATION  
 CARE  
 RECYCLE  
 GIVE