



“Beat the Heat” Wordfind

Summer is here! Most of us enjoy the warmer weather, but don't forget that seniors are at higher risk of health problems during extreme heat. 18 things having to do with hot weather safety are hidden in this puzzle. Can you find them all?



- HEAT WAVE
- HYDRATION
- ICE PACK
- LIGHT CLOTHING
- RELAXATION
- SHADE
- SHELTER
- SUNBLOCK
- SUNHAT
- SWIMMING
- VENTILATION
- WINDOW FAN

- AIR CONDITIONED
- COOLING CENTER
- COOL SHOWER

- ELECTROLYTES
- FLUIDS
- HEATSTROKE

