



“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

ELECTROLYTES

COOLING CENTER

FLUIDS

COOL SHOWER

HEATSTROKE

