



Across

- 4** get 6-8 hours everyday (5)
- 5** essential fatty acid found in fish (5-5)
- 6** downward dog activity that improves balance (4)
- 9** healthy habits that improve how you feel, think and move (8)

- 12** important supplement for people with MS (7,1)
- 14** unpredictable, disabling disease of the brain and spinal cord (8,9)
- 15** drink 64 ounces H₂O (5)
- 16** makes MS worse (7)

Down

- 1** eat plenty of these colorful foods (10)
- 2** knowledge of a situation (9)
- 3** helps keep bowel movements regular (5)
- 7** famous Disney Mouseketeer (9)
- 8** reduce this seasoning for better wellness (4)

- 10** stay socially connected to help prevent this (10)
- 11** do this activity 3-5 days a week (8)
- 13** practice for relieving stress (10)
- 14** month of MS Awareness (5)