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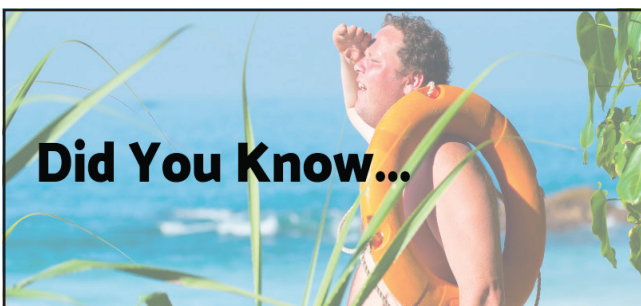
## Good Morning!

From the list below, find each word and circle its letters in the puzzle to reveal the message relating to this week's theme.

AGENDA  
AWAKE  
BACON  
BIRDSONG  
BREAKFAST  
BRUNCH  
CEREAL  
COMMUTE  
DANISH  
DAWN  
DEW  
EARLY  
ESPRESSO  
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FRIED EGGS  
FRUIT  
GRITS  
HOMEFRIES

HUNGRY  
MILK  
MISTY  
MORNING  
RADIO  
OATMEAL  
PORRIDGE  
RISE  
ROOSTER  
SHINE  
SHOWER  
SUNUP  
TEA  
TOAST  
TOOTHBRUSH  
WAKE UP  
YAWN

Solution on page 20



## Did You Know...

Every time your skin tans or burns, you increase your risk of skin cancer?

Wear sunscreen SPF 15 or higher every time you go outside and avoid tanning beds!

For more information contact the Good Shepherd Education Department  
541-667-3509 or healthinfo@gshealth.org

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Centers for Disease Control. "What Are the Risk Factors for Skin Cancer?," June 26, 2019. [https://www.cdc.gov/cancer/skin/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/skin/basic_info/risk_factors.htm).

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