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

Found in the Forest

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

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BIRCH BARK
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BURROW
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RANGER
ROOTS
SEEDS
SNAKE
SPRUCE
STREAM
TOAD
TRAILS
VINES
WILD FLOWERS
WOLF

Solution on page 20



DID YOU KNOW...

Breastfeeding babies not only reduces their health risks; it also reduces mom's risk of:

- Type 2 diabetes
- High blood pressure
- Certain cancers?

For more information, contact your healthcare provider or the Good Shepherd Education Department
541-667-3509 or healthinfo@gshhealth.org

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CDC. "Facts About Nationwide Breastfeeding Goals." Centers for Disease Control and Prevention, August 1, 2019.
http://www.cdc.gov/breastfeeding/data/facts.html

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