

Complete A B or C for a chance to win!



LOGIC PUZZLES

Doing puzzles are a great way to stay mentally fit. Each puzzle has a unique solution that can be reached logically without guessing.

SUDOKU - A

Enter digits 1 to 6 into the blank spaces. Every row, column, and 3 x 2 square must contain one of each digit with no repeats.

| | | | | | |
|---|---|---|---|---|---|
| 4 | 6 | 2 | 3 | 1 | 5 |
| 1 | 3 | 5 | 6 | 2 | 4 |
| 5 | 2 | 4 | 1 | 6 | 3 |
| 6 | 1 | 3 | 4 | 5 | 2 |
| 2 | 4 | 1 | 5 | 3 | 6 |
| 3 | 5 | 6 | 2 | 4 | 1 |

SUDOKU - B

For those who like more of a challenge, try this 3 x 3 Sudoku. Enter digits 1 to 9 into the blank spaces. Every row, column, and 3 x 3 square must contain one of each digit with no repeats

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 5 | 6 | 4 | 1 | 3 | 7 | 9 | 8 |
| 3 | 8 | 7 | 9 | 2 | 6 | 5 | 4 | 1 |
| 1 | 9 | 4 | 5 | 8 | 7 | 6 | 2 | 3 |
| 5 | 3 | 1 | 8 | 6 | 9 | 2 | 7 | 4 |
| 7 | 6 | 2 | 3 | 4 | 1 | 8 | 5 | 9 |
| 9 | 4 | 8 | 2 | 7 | 5 | 3 | 1 | 6 |
| 8 | 7 | 5 | 6 | 9 | 4 | 1 | 3 | 2 |
| 4 | 2 | 3 | 1 | 5 | 8 | 9 | 6 | 7 |
| 6 | 1 | 9 | 7 | 3 | 2 | 4 | 8 | 5 |

C - Mental Health in Numbers

Here's another way to look at numbers when it comes to mental health. You may be surprised by the answers to some of these questions. Take your best guess. Answers to this puzzle can be found in the 2006 Spring/Summer edition of the HealthIssues newsletter and the brochure, Understanding Anxiety and Depression.

- Mental/Emotional problems are the _____ cause of employee absenteeism, exceeding physical causes.
#3 #5 #1 #7
- People who exercise report feeling less stressed or nervous. How many minutes of aerobic exercise (eg. walking, swimming, or biking) can begin to produce anti-anxiety effects in most people?
20 5 32 56
- Health Canada reported that _____ Canadians will experience a mental illness during their lifetime.
1 in 2 1 in 5 1 in 100 1 in 10
- What is the total number of days that Canadians spent in the hospital in 2005 due to a mental illness?
9, 022, 382 10 543, 218 22
- To help manage stress levels, how many things should you try doing at the same time?
2 4 1 27
- As a group, anxiety disorders represent the most common of all mental illnesses.
True False

Once you have completed one of these puzzles, place this entry form in a ballot box at work. **One entry per person.** See ballot box for prize details.

NAME _____

DEPARTMENT _____

