

Secret Message

Use the codes below to figure out the secret message Calci-Cowlean (the cow) has about how to stay strong and healthy.



A = 1	F = 6	K = 11	P = 16	U = 21	Z = 26
B = 2	G = 7	L = 12	Q = 17	V = 22	
C = 3	H = 8	M = 13	R = 18	W = 23	
D = 4	I = 9	N = 14	S = 19	X = 24	
E = 5	J = 10	O = 15	T = 20	Y = 25	

<u>4</u>	<u>18</u>	<u>9</u>	<u>14</u>	<u>11</u>	<u>12</u>	<u>15</u>	<u>23</u>	<u>6</u>	<u>1</u>	<u>20</u>	
<u>13</u>	<u>9</u>	<u>12</u>	<u>11</u>	<u>6</u>	<u>15</u>	<u>18</u>	<u>1</u>				
<u>8</u>	<u>5</u>	<u>1</u>	<u>12</u>	<u>20</u>	<u>8</u>	<u>25</u>	<u>8</u>	<u>5</u>	<u>1</u>	<u>18</u>	<u>20</u>
<u>1</u>	<u>14</u>	<u>4</u>	<u>19</u>	<u>20</u>	<u>18</u>	<u>15</u>	<u>14</u>	<u>7</u>			
<u>2</u>	<u>15</u>	<u>14</u>	<u>5</u>	<u>19</u>							

Healthy Heart Coalition of Albany County
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