



## ARE YOU READING THE INTEGRIS ON YOUR HEALTH BLOG?

The INTEGRIS On Your Health blog has an abundance of Oklahoma-centric, original health articles created just for INTEGRIS readers, from INTEGRIS doctors and experts, published three times a week!

You might be interested in these 10 articles from the INTEGRIS On Your Health blog that focus on self-care.

1. [Reading Books is Good for Your Mental Health](#)
2. [The Health Benefits of Owning a Pet](#)
3. [The Benefits of Therapeutic Massage Go Beyond Relaxation](#)
4. [25 Things Every Woman Over 50 Should Know](#)
5. [10 Reasons to Drink Green Tea](#)
6. [Can Spending Time in Nature Change Your Brain?](#)
7. [Hot Yoga](#)
8. [How Traditional Chinese Medicine Can Keep You Well](#)
9. [Easy Tips to Practice Mindfulness Every Day](#)
10. [Light Therapy to Shine Away the Winter Blues](#)

To see what other articles you might have been missing, please visit [INTEGRISonyourhealth.com](https://www.integrisonyourhealth.com). Or, [sign up](#) to receive the On Your Health weekly newsletter delivered straight to your inbox!

For You. For Health. For Life.

---