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Health and fitness briefs

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Try this: Massage your face

A good facial massage can reduce stress and leave you feeling peaceful and relaxed. It is also a great way to increase circulation to your facial tissue resulting in brighter, healthy looking skin. Try giving yourself a face massage to banish headaches and soothe away fatigue. Place your index and middle fingers in the center of your forehead and make circular rotations outward toward your temples. Then, using both index fingers, make short upward strokes from the top of your nose toward your hairline for one minute. Finally, close your eyes and gently rest the heels of your hands in your eye sockets for one minute. Treat yourself once a day, either morning or at night before you go to sleep.



A facial massage may help reduce stress.

Source: Molly Ross, executive director, Integris James L. Hall Jr. Center for Mind, Body and Spirit

Rainbow Fleet gets \$30,000 Oklahoma City Community Foundation grant

Rainbow Fleet has received a \$30,000 Wellness Initiative Grant from the Oklahoma City Community Foundation, the organization announced.

The grant will be used to fund Rainbow Fleet's "Healthy Bodies Healthy Minds" program.

Healthy Bodies Healthy Minds is a yearlong program that encourages physical activity and nutritional eating for children, child care providers and families. The program includes intensive training, technical assistance, modeling and resource kits. The program is inclusive of children ranging from infants to school-age.

"We are grateful to the Oklahoma City Community Foundation for this generous grant," said Carrie Williams, Rainbow Fleet executive director, in a news release. "Statistics show that this type of program is needed in Oklahoma and our program would not be available if not for OCCF's support."

Rainbow Fleet provides child development programs and services aimed at enhancing the quality of life for children, their families and child care professionals. Established in 1972, Rainbow Fleet provides parents with referral information to help them find quality child care services, and maintains a Resource Center lending library of age-appropriate educational and developmental toys, games and books. Rainbow Fleet also works closely with child care providers to develop the skills and resources necessary to provide a safe,

educational and fun child care environment.

Founded in 1969, the Oklahoma City Community Foundation is a 501(c)(3) public charity that works with donors to create charitable funds. For more information about the Oklahoma City Community Foundation, visit www.occf.org.

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