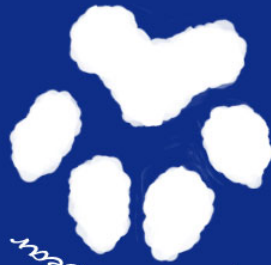


INTEGRIS
Cancer Institute
OF OKLAHOMA



Hugga T. Bear



A hug delights,
warms, and
charms.
That must be why
God gave us arms!

INTEGRIS Cancer Institute of Oklahoma

INTEGRIS
Cancer Institute
OF OKLAHOMA

(405) 949-3011

Toll Free:
(888) 951-2277

Benefits of Hugging

- Hugs feel good.
- Hugs dispel loneliness.
- Hugs overcome fear.
- Hugs build self-esteem.
- Hugs slow down aging.
- Hugs help curb appetite.
- Hugs ease tension.
- Hugs fight insomnia.
- Hugs are a safe alternative to drugs and alcohol (better hugs than drugs)
- Hugs are democratic (anyone is eligible).
- Hugs are portable (you can take them with you).
- Hugs require no special equipment.
- Hugs make happy days happier.
- Hugs fill up empty places in our lives.
- Hugs keep working to dispense benefits even after the hug is released.

Scientific benefits:

- Hugs lower heart rate and blood pressure.
- Hugs lower cortisol (a stress hormone) which creates a surge of two "feel good" brain chemicals, serotonin and dopamine.