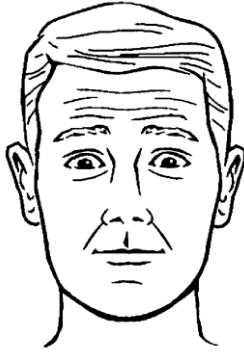


Facial Exercises

1. Raise your eyebrows to make wrinkles in your forehead.



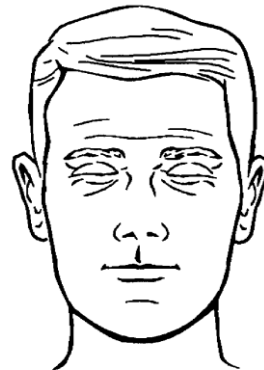
2. Frown.



3. Close your eyes very tightly.



4. Keep your eyelids closed, then open your eyes as wide as possible.

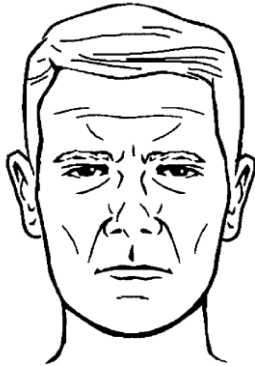


More on next page →

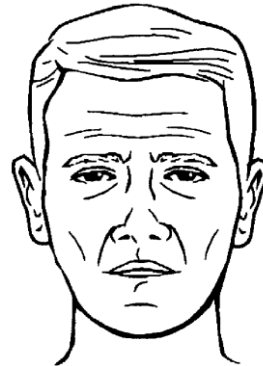
Learn more about your health care.



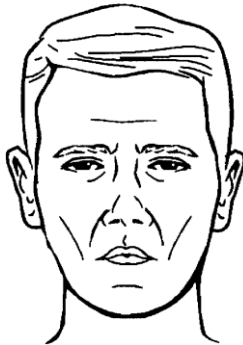
5. Wrinkle your nose.



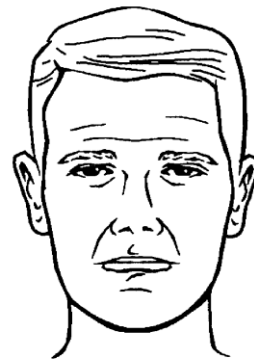
6. Stick out your upper lip.



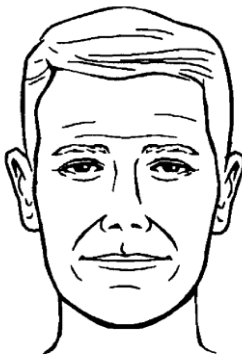
7. Purse your lips as if to whistle.



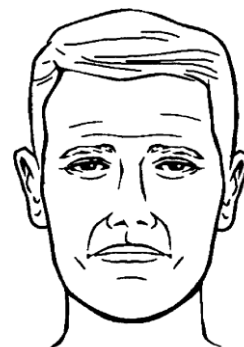
8. Pout by making your lower lip stick out.



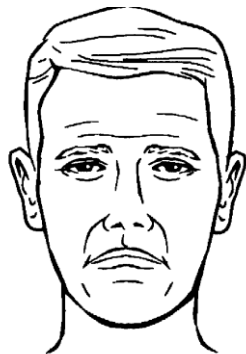
9. Smile.



10. Tighten your lips across your teeth. Draw the corners of your mouth to the sides.



11. Draw down the corners of your mouth.



12. Move your mouth from side to side.



✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**