

Pups are for Pals too!

“The companionship of a pet can ease loneliness, and most dogs are a great stimulus for healthy exercise, which can substantially boost your mood and ease depression.” -www.helpguide.org, October 2016



Playing with a pet can elevate levels of serotonin and dopamine, which can calm and relax someone.



Dog owners are less likely to suffer from depression.

Pet owners over the age of 65 have 30% fewer doctor's visits than those without pets.



Adopt a dog today!
It takes less than \$3 a day to care for a dog!

People with dogs have lower blood pressure in stressful situations.



The “Home for the Holidays” adoption event is a partnership between the Licking County Dog Shelter and the YLC.

Source: www.helpguide.com
October 2016