There are many health benefits of owning a pet. They can increase opportunities to exercise, get outside, and socialize. Studies have shown that the bond between humans and pets can increase fitness, lower stress, and bring happiness to people. Some of the health benefits of regularly walking or playing with a pet include:

- Decreased blood pressure
- Decreased cholesterol levels
- Decreased triglyceride levels
- Decreased feelings of loneliness
- Increased opportunities for exercise and outdoor activities
- Increased opportunities for socialization.

Most households in the United States have at least one pet. The staff at Area 1 Agency on Aging are currently working from home and love our furry co-workers! Call us when you need help and don’t know who to call!

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