

Health Minute™

Life-saving pets

Yesterday in Gilchrist Park, the Animal Welfare League held their Memorial Bridge Walk and Party in the Park to raise awareness and financial support for the homeless animals in Charlotte County. Pets share unconditional love and companionship. They also contribute to heart health by helping to control blood pressure and manage stress. Pets comfort us when we face life's many challenges and help to remind us that we are needed and loved. This is a time of year when many people think of adding a pet to their lives. Why not look to your local shelter or breed-specific rescue organization to find your new companion?



The best pets are shelter pets because...

A lot of shelter pets are already adults – that means no housebreaking or chewed shoes.
At a shelter, you get time to visit with pets and find one with a personality suited to you.
A special bond develops with an animal that you rescue.
Most shelter pets are already vaccinated and spayed or neutered.
You are helping to control the pet population.

To find out about adopting a pet, contact the Animal Welfare League of Charlotte County at (941)625-6720 or www.awlshelter.org