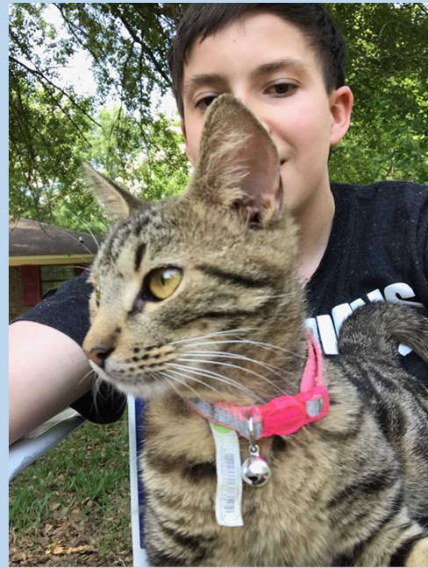


# Animal-Assisted Therapy



“When I needed a hand, I found your paw”

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# Animal Assisted Therapy

- Proven to improve well being
- Animals aid humans
- Help overcome patients overcome difficulties
- Focuses on the Human Animal Bond
- Benefits both the physical and mental health
- Can occur many places: Prisons, Nursing homes, Hospitals, Universities, 4-H clubs and in the home



# Benefits

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## Physical Health

Lower Blood Pressure  
Less Medicine  
Slow Breathing  
Releases Hormones  
Lowers Physical Pain  
Help to Relax

## Mental Health

Relaxation  
Improve Moods  
Decrease Stress  
Reduce Loneliness  
Improve Memory

