PET THERAPY

Research has shown that heart attack victims who have pets tend to live longer. Petting a dog lowers blood pressure and bringing a pet into a nursing home or hospital can boost people’s moods and stimulate their social interaction. Petting a dog, watching a kitten play or observing the hypnotic exploration of fish can be an antidote to a stressful day. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library staff member.


