



Stone Oak

Family Doctors, P.A.

Medicare-eligible Seniors, You're Invited to a Pet Adoption Event!

Date: Saturday, February 13th

Time: 9 am to 11 am

**Location: 225 E. Sonterra Blvd., Suite 100
San Antonio, TX 78258**

5 Healthy Reasons to Adopt a Pet*

- 1. Heart Healthy- It's been shown that pets help lower blood pressure. Heart attack patients who have pets survive longer than those without pets.**
- 2. Mood Booster- Senior citizens who own pets are less likely to be depressed, are better able to tolerate social isolation, and are more active than those who don't own pets.**
- 3. Safety- Pet owners feel less afraid of being a victim of crime when walking with or living with a dog.**
- 4. Lower Medication Costs- Medication costs dropped from an average of \$3.80 per patient per day to \$1.18 per patient per day in new nursing home facilities in Texas that have animals and plants as an integral part of the environment (Delta Society).**
- 5. Therapeutic- Studies have shown that Alzheimer's patients have fewer anxious outbursts if there is an animal in the home. Walking a dog or caring for a pet can provide exercise and companionship.**



All animals adopted will:

- be neutered or spayed
- receive their first set of vaccinations
- be de-wormed
- receive flea prevention
- be microchipped
- receive 1 month free pet insurance
- receive a collar/personalized tag

*Please make sure the pet you adopt fits your lifestyle and habits. Pets depend on their owners to provide food, exercise, and a safe living space. It's important to make sure that you are able to commit to all of these responsibilities before adopting a pet.

For more information, please call (210)617-4200