



Guest Speakers
Cheri Martin
Bob Libby

Commission on Aging Speaker Series

Join us **Nov. 20, 2019**

4:30 – 6:00 p.m.

Public Service Center

1300 Franklin Street, Vancouver

Learn about **the Health Benefits of Pets**

Owning a pet can be physically and mentally beneficial for people of all ages. Animals can help reduce stress, lower blood pressure, and increase social interaction and physical activity. From companionship to security, pets can provide older adults a better quality of life and improve aging in place.

Cheri Martin and Bob Libby from the Southwest Washington Humane Society will explore how relationships with animals can impact health and well-being, especially for older adults. They will also provide information and resources on what to consider when adopting a pet and how to plan for your pets' needs if you can no longer take care of them either short- or long-term.



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