

YOUR PARTNER IN HEALTH

MARCH 2018

BEST FRIENDS FOR HEALTH

There are many reasons that dogs are considered humans' best friend. They not only provide companionship, loyalty, and unconditional love, but owning a dog can also benefit your health. Research has shown that having a pet can help lower blood pressure and lessen anxiety. Owning a dog can improve your physical and mental health by boosting physical activity and providing opportunities for socialization.

A dog owner's health is often reflected in the health of his or her four-legged friend. Unhealthy human behaviors can put dogs at risk. Healthy dog owners tend to have healthier dogs, while people who are sedentary are at higher risk to be overweight, and their dogs tend to be overweight and sedentary too. Just as in humans, these unhealthy behaviors increase risk factors for heart disease and diabetes in dogs.

McLaren Port Huron is partnering with the Riverview Veterinary Center and the Plaza Pet Club to make your health and the health of your dog a priority this spring. On Saturday, May 5, we invite all animal lovers to attend a special event filled with information and fun for you and your best friend.

Speakers will be presenting on a variety of topics, and other highlights include a canine agility demonstration, vendors to pamper your pet, and screenings for you, including blood pressure, BMI, and fall prevention.

You are welcome to attend one or all of the sessions. You can attend this event solo, or bring your dog along. It is recommended that your dog be social and calm in larger crowds. A dog-walk through the mall prior to the program will begin promptly at 12 noon. Meet in the parking lot near the Plaza Pet Club, located in the Riverview Plaza, 201 North Riverside Avenue, St. Clair (north end of the mall).

BEST FRIENDS FOR HEALTH EVENT

Saturday, May 5

12 - 3 p.m. at Plaza Pet Club
201 N. Riverside Ave., St. Clair

Cost: Free ▪ No registration required.



AGENDA

12:00 p.m.
DOG WALK

12:30 p.m.
DIABETES PREVENTION
McLaren Port Huron
Diabetes Educators

12:50 p.m.
**SIGNS OF DIABETES
IN YOUR DOG**
Dr. Robyn Limberg-Child,
Riverview Veterinary Center

1:10 p.m.
HEALTHY EATING TIPS
McLaren Port Huron Dietician

1:30 p.m.
PET NUTRITION
Dr. Elizabeth Gray,
Riverview Veterinary Center

1:50 p.m.
**STARTING A WALKING
PROGRAM SAFELY**
McLaren Port Huron
Physical Therapist

2:10 p.m.
DOG WALKING TIPS
Wendy McKenzie, Plaza Pet Club

2:25 p.m.
IMPORTANCE OF FOOT CARE
Sarah Schoenberg,
McLaren Port Huron Wound Center

2:45 p.m.
NAIL AND PAW CARE
Dr. Robyn Limberg-Child,
Riverview Veterinary Center