

BENEFITS OF PET ASSISTED THERAPY

Interaction with a gentle, friendly animal has significant benefits

PHYSICAL HEALTH

- Lowers blood pressure
- Improves cardiovascular health
- Diminishes overall physical pain
- Produces relaxation response

MENTAL HEALTH

- Provides comfort & lifts spirits
- Lessens depression & anxiety
- Decreases feelings of isolation
- Encourages communication
- Increases socialization
- Helps emotional disorders
- Creates recovery motivation

READING PROGRAMS FOR CHILDREN

- Enhances focus
- Improves literacy skills
- Provides non-judgmental environment
- Increases self-confidence

PHYSICAL OR OCCUPATIONAL THERAPY

- Increases joint movement
- Improves recovery time
- Increases motor skills
- Creates motivation to move



Creature Comfort Pet Therapy's mission is to enhance people's lives through therapeutic visits with caring volunteers and their pets.