

News From



Delta Society • 875 124th Ave NE • Bellevue, WA 98005 • 425.679.5514

Contact: JoAnn Turnbull
425.679.5514

FOR IMMEDIATE RELEASE

YOUR PET CAN IMPROVE YOUR HEALTH

BELLEVUE, WA., Oct. 1, 2008 – World Animal Day is Saturday, October 4th. Delta Society, an international non-profit focused on improving people’s health and well-being through positive relationships with animals, encourages you to raise a hand, paw, hoof or wing and celebrate this special day. Running like a cheetah, soaring like an eagle, hanging around like a baboon, sniffing like a bloodhound, living nine lives or cutting through whitecaps like a dolphin is certainly worth celebrating.

Anyone who has ever owned a pet knows the meaning of “emotional connection.” We love it when our dogs take over the bed, our cat thinks he’s a muffler or our parrot sings in the shower. They don’t lie, they don’t judge, they don’t hate – they make us feel better and improve our health. Did you know that research studies have shown...

- Loving a pet helps lower your stress.
- By having a family pet in your house your chances of surviving the first year after a heart attack is EIGHT TIME GREATER. Eight times!
- Families who adopt a pet feel better and are happier within the first year.

- Doctors actually prescribe visits with animals for their coma patients and that these visits are recognized as a contributing factor in the patients coming out of their comas.
- Pet owners have fewer minor health issues; lowering their medical costs.
- When a pet visits shut-in seniors they can help the person overcome feelings of loneliness and isolation.

Delta Society encourages everyone to celebrate their incredible pets – for their own specialness and for the remarkable health benefit gifts they give you, your family and all those they meet. And, on this special day we urge non-pet owners to seriously consider adopting a pet you can kiss on the nose, scratch behind its ear, stroke its feathers, or thrill with a juicy new apple –a new friend in your house just may be what the doctor ordered!

About Delta Society

Delta Society was founded in 1977 by a Veterinarian and a Psychologist who observed in their own practices that pets had a positive effect on their human patients. They started the organization to fund some of the first credible research which proved that animals have a profound impact on people's health by lowering their blood pressure, reducing stress and anxiety levels, stimulating the release of endorphins which make people feel good, and so much more. Today, Delta Society is an international non-profit organization focused on building awareness and empowering people to interact with companion, therapy, and service animals as a way to improve their own health and well-being, as well as the health of others in their community. To learn more visit our website at

<http://www.deltasociety.org>.