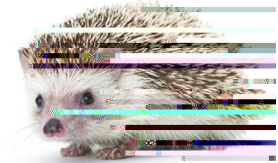


- Deal with stress
- Get more exercise and meet fitness goals
- Feel less lonely and isolated
- Lose weight
- Lower blood pressure and cholesterol levels
- Recover after a health event

PETS MAKE WORK BETTER



80%

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Take time each Friday to celebrate your pets and all they add to your life and post a photo or video using **#BestFriendFridays!**

Reduce stress
Increase productivity
Improve employee satisfaction,

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Learn more about Healthy Bond for Life's Best Friend Fridays at
heart.org/pets