

Hello!

Here is your Health Kit for July 2019. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

Calling all pet owners! This month's Health Kit is all about pet health. You'll find tools to help you make your pet's health a priority.

Poster: A Healthy Pet Starts With You

Make your pet's health a priority with the simple tips found in this month's poster.

Brain Game: A Healthy Pet: Word Search

Find words and phrases to describe a healthy pet.

Recipe: Fruit Sparklers

Create fireworks all summer long with these easy and fun fruit sparklers!

Coaching Moment: Pet Wellness Exams

Check out this Coaching Moment for a quick challenge from Coach Dorothy on the importance of getting your pet regularly examined by a vet.

<u>90-Second Video: The Health Perks of Having a Pet</u> Watch this video to learn how having a pet can benefit your health.

Podcast: Dealing With the Loss of a Pet

Download this podcast for details on how to deal with losing a pet.

For more information on pet health, click here.

Coming up...

August is all about eye health. Be sure to check back and learn what you can do to ensure your eyes are healthy.