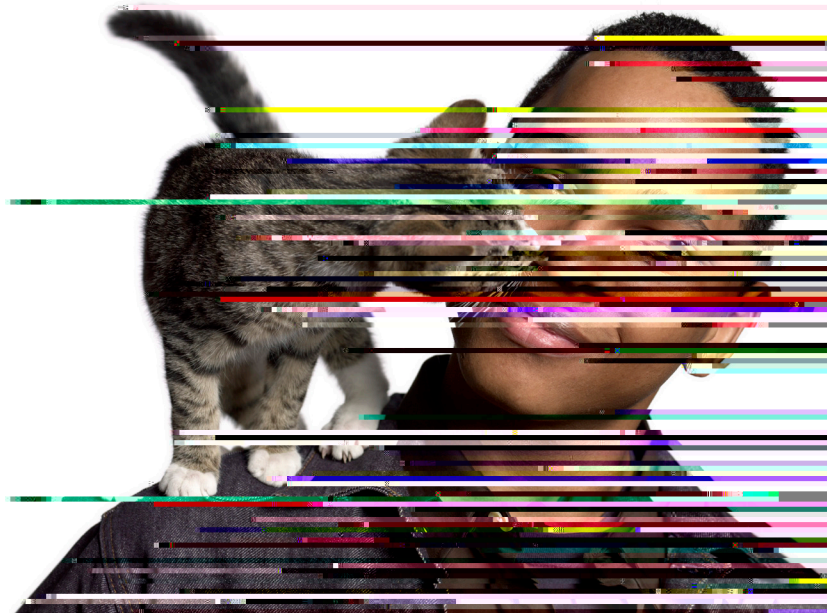
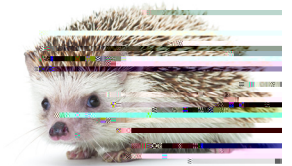




- Deal with stress
- Get more exercise and meet fitness goals
- Feel less lonely and isolated
- Lose weight
- Lower blood pressure and cholesterol levels
- Recover after a health event

PETS MAKE WORK BETTER



80%

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,

Learn more about Healthy Bond for Life's Best Friend Fridays at

heart.org/pets