

# The Benefits of Being a Pet Owner

- 1) Being a pet owner means that you will never be lonely. Dogs, cats, puppies, and kittens are a great source of companionship. They will cuddle with you, make you laugh, and lavish you with love and affection.
- 2) Owning a pet adds years to your life. Studies show that people who own pets live longer, happier, healthier lives.
- 3) Owning a pet will improve the quality of your life. You will be responsible for the health and happiness of your pet. Your pet needs you to provide it with food, water, shelter, and a bed. They also rely on you for their exercise, grooming, and veterinarian needs. In return, they will provide you with a lifetime of fulfillment and joy .
- 4) Studies also show that pet owners enjoy the extra benefits of experiencing less stress, lower blood pressure, and a lowered heart rate.



As you can see there are many benefits to being a pet owner! So, if you are ready to add a new friend to your family, the San Bernardino County Department of Public Health Animal Care and Control Program would like to encourage you to adopt one of the many homeless animals at the Big Bear, Devore, or Rancho Cucamonga Animal Shelters who is just waiting to find a new home. If you have questions or would like more information, please call our toll free number at 1-800-472-5609. Thank you.



San Bernardino County  
Animal Care & Control Program  
**(800) 472-5609**