

The Power of Pets

Therapeutic Benefits of Animal Interaction



Perhaps we always knew it
- but the proof is in! Studies
suggest that pets are good
for your heart - in every sense

of the word. Interacting with animals has been shown to lower cortisol (a stress-related hormone) levels and blood pressure, reduce loneliness and boost your mood.

Discover more about the health benefits of human-animal interactions with our favourite clinical geropsychologist and neuropsychologist: Dr Nancy A. Pachana, with a furry guest appearance from **Happy Paws Happy Hearts**. Find out more about the great work they do at hphfoundation.org

Mon 26th August

1:00 - 2:00pm Presentation

2:00 - 2:30pm Tea & coffee

Free entry - We are accepting donations to the RSPCA.

Register your attendance at
uqhealthyliving@uq.edu.au
or P: 3443 2586

UQ Healthy Living
Centra, Level 3, 37 Archer
Street, Toowong

