



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.

[90-Second Video: The Health Perks of Having a Pet](#)

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.