Mini Challenge

Dog Days of Summer

Celebrate "**DOGust**" by soaking up the last bits of summer with man's best friend. The unconditional love, companionship and entertainment provided by our furry friends is unparalleled and it's time to give them some extra love.

Complete five of the below activities to show our puppy pals how much we care.

Not a dog person or have allergies? Consider some of the options that don't involve direct contact with dogs.

- [ ] Volunteer at a local shelter. Give these pups some valuable exercise by getting them out to play. Post photos of them to your social media to promote their adoption and spur additional volunteer efforts.
- [ ] Engage with shelters on social media. Like and share their posts to help get the word out.
- [ ] Donate items to your local shelter. Call the local shelters and see how you can help through donation of items or money.
- [ ] Ask before you pet. Be sure to ask owners if it's okay to pet their dogs when you're out and about!
- [ ] Adopt a pet. If you're looking for a furry companion, consider starting at the local shelter!
- [ ] Snag a puppuccino from your local coffee shop.
- [ ] Express gratitude to the people who work at your local shelter. Express thanks through notes or care packages to let them know you appreciate their efforts.
- [ ] Become a foster. Not ready to adopt? Consider fostering if you're able.
- [ ] Offer to dog sit. Help a friend or neighbor when they're out of town or have a busy day at work. If possible, offer to let their dog out when needed or take them on a walk.
- [ ] Make dog treats. Try out this recipe!

Did You Know?

Research has concluded that the bond between humans and dogs reduces stress, which is a major cause of cardiovascular problems.