

pet de-stress day

FOR **TEENS** IN GRADES 7-12



Do you feel stressed out? Time spent with animals can do magic in improving your mood. It will help lower blood pressure and stress hormones, as well as reduce feelings of loneliness and social isolation.

Tuesday, May 21

3:30-5:00 p.m.

Ptolemy, the therapy cat, will help you de-stress and recharge.

Wednesday, May 22

3:00-6:00 p.m.

Join Daisy, the therapy dog, for an afternoon of stress relief.



North Vancouver City Library - Teens

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North Vancouver **City Library**

120 West 14th Street