

Happy pooch, healthy seniors



WE often read about the health benefits of having a pet around - fewer visits to the doctor, less medication, lower cholesterol and lower blood pressure. Pets give us the motivation we need to get out in the fresh air and sunshine, and during those colder days indoors, pets provide such wonderful company. any retired people would love to have a pet around but don't want to take on the long-term commitment. They also want to be free to take holidays or visit children and grandchildren without the tie of an animal to restrict their flexibility.

"Don't Fret Pet!" is a dog-boarding service that provides the best of both worlds by matching dogs with dog lovers who will take them into their own homes and give them plenty of love and TLC. The carers indicate the size, age

and type of dog they would like to mind and how often they would like to mind and are even paid a daily allowance for the joy of having a part-time dog.

The dogs bring their own food and bedding with them so the carers just need to follow the owner's feeding instructions and make sure that the dogs have a happy holiday.

Hazel from Nambour, who has been minding for "Don't Fret Pet!" for five years, says: "I enjoy meeting new dogs and their owners and love the company. I prefer to mind dogs that are older, like me!"

Seniors who would love to lavish some TLC on a dog from time to time can get more information by calling "Don't Fret Pet!" on 1300 30 70 21 or by visiting their website at www.dontfretpet.com.au.

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