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**October 1, 2010 – For Immediate Release**

This Fundraising Event is for the Dogs  
Run and Fun Walk to Show Benefits of Pets on Mental Health

**Rochester, Minn.** – Zumbro Valley Mental Health Center and Paws and Claws Humane Society are collaborating to host *A New Leash on Life*, a 5K run and 3K fun walk to help raise awareness of mental illness and the positive role that pets can play. The fundraising event is being held Saturday, October 2, 2010, at Silver Lake Park.

“This event is focused on educating people about the benefits that animals can have on mental health,” said Pat Carlson, executive director for Zumbro Valley Mental Health Center. “Numerous studies show the positive impact that pets can have on decreasing stress and anxiety.”

Event features include:

- 5K dog run
- 3K dog walk
- Awards for large, medium and small dog classes
- T-shirts for all participants
- Sponsor booths with give-aways
- Live music and entertainment

“A companion animal can often help people with mental health, chemical dependency or aging issues,” said Gay Eastman, technology committee chairwoman for Paws and Claws.

Registration begins at 8:00 a.m. and the activities start at 9:00 a.m.

**About Zumbro Valley Mental Health Center**

Zumbro Valley Mental Health Center enhances the quality of life for residents in southeastern Minnesota by serving as a community resource for the understanding and treatment of behavioral health and substance use disorders. The organization collaborates with government agencies, schools, non-profit groups and others to provide programs dedicated to improving the mental health of adults, adolescents and children. Zumbro Valley Mental Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at [www.zumbromhc.org](http://www.zumbromhc.org) or call 507-289-2089.

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