



Operation Kindness Provides Tips for Healthy Pets in Pet Wellness Month

The animal welfare non-profit offers wellness advice and shelter resources for community members.

FOR IMMEDIATE RELEASE (Carrollton, Texas) – Halloween isn't the only thing pet owners can celebrate with their pets this month. October is also National Pet Wellness Month, and [Operation Kindness](#) wants to celebrate by sharing ways that community members can ensure their pets are healthy.

With providing pet owners with advice and resources in mind, Operation Kindness' animal experts are sharing pet wellness tips that can be utilized year-round.

Keep your Pet Active

With the weather cooling off, now is the perfect time to take your dog on long walks outside. Walking not only helps dogs maintain a healthy weight, but it also gives them mental stimulation that keeps them happy.

For cats, there are plenty of ways to keep them active inside. Provide enrichment with interactive toys like wand toys or small plush toys for them to hit around and encourage movement.

Members of the community can help Operation Kindness keep their shelter pets active by volunteering to walk dogs! Operation Kindness invites community members to join the [Track Pack initiative](#) — a volunteer program that meets on the first and last Saturday of the month to walk dogs around a 1.5-mile trail near the Carrollton shelter.

Pay Attention to your Pet's Diet

Watching what your pet eats and if it is the recommended amount is important to keeping a healthy animal. Pets need a proper diet to energize them throughout the day and to promote a healthy lifestyle. Talk with a vet to make sure they are getting proper nutrition. Community members who need temporary help obtaining food for their cat or dog can visit Operation Kindness' [Dallas St. Clair Pet Food Pantry](#), which is open every Thursday and Sunday from 11:00 AM to 2:00 PM. which is open every Thursday and Sunday from 11:00 AM to 2:00 PM.

Spay/Neuter your Pet

While spaying/neutering is often performed to curb reproduction, it also comes with health and behavioral benefits. Some [health conditions](#) like different forms of cancer can be prevented with just spaying and neutering your animals.

Operation Kindness and their partners offer free or low-cost spay/neuter opportunities, check out the organizations [monthly community initiatives calendar](#) to find out when these services are provided.

Vaccinate your Pet

This month is the time to catch-up on any vaccines your pet may need. Annual vaccinations are a key step in your pet's wellness journey by preventing contagious diseases that can be costly and deadly.

[The Operation Kindness Community Initiatives team](#) offers monthly low-cost vaccine clinics for the community. These clinics offer a chance to get your pet vaccinated for an affordable cost and without having to make an appointment to see a vet. Below is a list of vaccine clinics offered this month:

October 12

Low-cost pet vaccines and microchips only

1500 Apollo Rd, Richardson, TX 75081

9-12 PM

October 19

Free pet vaccines and microchips only (First come, first served)

Inspired Vision Compassion Center

2019 N Masters Dr, Dallas, TX 75217

8-10 AM

October 12

Low-cost pet vaccines and microchips only

Garland Animal Shelter & Adoption Center

1902 TX-66, Garland, TX 75040

11-1 PM

Wellness Never Ends

When October ends, that doesn't mean members of the community need to stop celebrating pet wellness! Browse Operation Kindness' [resource](#) page for additional wellness information.

Media access and interviews available upon request

B-roll available [here](#)

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About Operation Kindness

Operation Kindness, a 501(c)(3) non-profit animal welfare organization, operates a lifesaving animal shelter and programs to assist people and pets. Founded in 1976, Operation Kindness is a pioneer in Texas for assisting animals in need of veterinary care, companionship and most of all, a home.

In addition to pet adoptions and lifesaving medical care, Operation Kindness' programs provide foster care for vulnerable animals, behavior and training support for pet parents, affordable veterinary services for community pets, a pet food pantry, volunteer opportunities and professional training. To learn more about Operation Kindness, please visit their website at www.operationkindness.org.

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