



**FOR IMMEDIATE RELEASE**  
**Charlottesville-Albemarle SPCA**  
**Date: January 1st, 2010**

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### **IT'S TIME FOR THE "RESOLUTION BOWL" AT THE SPCA**

**Charlottesville, Virginia: The Charlottesville-Albemarle SPCA (the "SPCA") at 3355 Berkmar Drive hosts the "Resolution Bowl" on January 4<sup>th</sup> from 12pm – 6pm. For only \$50, half our regular adoption fee, you can take home a dog walking or running buddy to help you keep your New Year's resolution to get in shape. Spend the other \$50 on good shoes, and your new "team" is ready to tackle that New Year's weight loss Resolution!**

For all pet owners, new or old, we'd like to offer some additional resolutions to consider:

1. Teach your pet of any age a new trick or two. They will enjoy the mental exercise, and it is good bonding time.
2. Walk or run with your dog everyday. This helps build your relationship as the pack leader and keeps both you and your pet in good physical and mental shape.
3. Take more fun pictures and video – and share them with the SPCA on our Facebook site.
4. Make sure your pet has updated identification, whether it is a tag on his or her collar, a City and County license or a microchip. Remember to renew your dog license each year.
5. Make sure your pet is up to date on all vaccines and other preventative medications, like heartworm preventative. Call your vet to schedule that annual exam.
6. Update your toy box and set aside some extra time each day to play with your cat.
7. Don't forget about the animals at the SPCA. Take in a foster pet for a week or so, donate or volunteer at your local animal welfare facility and give back to other animals in need.

8. Spay or Neuter your pet!
9. Consider adopting a new member of the household!
10. Be grateful every day for the pets in your life and try to be as happy with life as they are!

The Charlottesville-Albemarle SPCA is a nonprofit animal welfare organization that provides a safe environment for the lost, abandoned, and homeless animals of Charlottesville and Albemarle County, and places them in good homes. We strive to set a standard of excellence and leadership in animal care, humane education, and progressive animal welfare programs.

For more information about the Charlottesville-Albemarle SPCA and ways you can support our life-saving programs, we encourage the community to contact Chris Roberson, Annual Giving Manager at 434-964-3305 or visit our website at [www.caspca.org](http://www.caspca.org). Donations can also be made online at <http://www.caspca.org/Donations.asp> or mailed to Charlottesville-Albemarle SPCA, 3355 Berkmar Drive, Charlottesville VA 22901.

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