



**FOR IMMEDIATE RELEASE**

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**COMPANION ANIMAL TRUST TO HOLD  
SPECIAL VALENTINE'S DAY CAT ADOPTION EVENT**

**Convenient Downtown Jersey City Location**

(Jersey City, NJ) February 1, 2010 - Companion Animal Trust will hold a special Valentine's Day "*All They Need is Love*" cat adoption event in Downtown Jersey City to celebrate the unconditional love that cats give. The public is invited to come and adopt a homeless cat on Sunday, February 14<sup>th</sup> from 12 noon – 4pm at the Grassroots Community Space located at 54 Coles Street at the corner of Third Street.

Research suggests that people who own animals may be healthier than people who don't. A study by the Minnesota Stroke Initiative at the University of Minnesota discovered that cat owners are less likely to die of a heart attack than non-cat owners. Others point to how pet interaction may help protect against allergies, asthma, and even some kinds of cancer. Another study suggests that smokers who are told that second-hand smoke harms their pets become more willing to quit -- for their pet's sake. The Center for Disease Control also says pet ownership can lower blood pressure, cholesterol, triglyceride levels and fight feelings of loneliness.

Aside from good health reasons, the truly best reason to adopt a cat is because so many of them need a home.

The first adopter will receive a free box of chocolates. An adoption fee does apply. All cats are spayed or neutered and vaccinated. For more information call 201 884 9649.

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Companion Animal Trust, Inc. is a 501c3 non profit animal welfare organization located in Jersey City.