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When: October 21, 2026 | 6:30 pm – 7:30 pm

Where: Veterinary Medical Education 101

Seminar Title: The Pet Effect: The Remarkable Ways Animals Change Our Lives

Abstract: If you've ever gone home to a dog's wagging tail, you already know this isn't simply companionship. It's love, greeting you at the door. Long before researchers had a name for it, we already knew what that felt like. In this lecture, we'll look at the Pet Effect, the documented ways in which animals improve our physical, emotional, and social well-being. Over the past few decades, we're beginning to understand more clearly how pets heal us and enrich our lives.

Come and find out why the relationship between people and animals is not only touching but also has a real impact on our well-being. Blending research with personal stories, this presentation will highlight how science explains what we've always felt and helps us understand our relationships more clearly. By the end of this session, you'll have a stronger appreciation for the animals in your life and may even have a few new stories to tell.

Bio: Dr. Fine is a Professor Emeritus at California State Polytechnic University, Pomona, an Adjunct Professor at Utah State University, and a licensed psychologist with more than 40 years of clinical experience. An internationally recognized expert in human-animal interactions and animal-assisted therapy, Dr. Fine is a Fellow of the International Society for Anthrozoology and the author or editor of more than ten books, including *The Handbook on Animal-Assisted Therapy*. He has received numerous professional honors and has served in leadership roles with organizations including Pet Partners, HABRI, the AVMA, and the APA. A nationally recognized speaker and media commentator, his work has been featured by CNN, NPR, PBS, ABC, and other major outlets.