

**For Immediate Release**

October 24, 2014  
Norfolk Botanical Garden  
6700 Azalea Garden Road  
Norfolk, Va. 23518

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## Family Fitness with Fido at Norfolk Botanical Garden



*Invitation to Cover*

**What:** Norfolk Botanical Garden and Norfolk SPCA – **Family Fitness with Fido**  
**Where:** Norfolk Botanical Garden, 6700 Azalea Garden Road, Norfolk, VA 23518  
**When:** Saturday, October 25, 2014 from 10 a.m. to 4:00 p.m.

(Norfolk, VA) –On Saturday, October 25, 2014, join Norfolk Botanical Garden (NBG) and the Norfolk SPCA for Family Fitness with Fido from 10:00 a.m. to 4:00 p.m. This fundraising event includes a two-mile, self-guided marked walk that leads to a very popular doggie park. Enjoy fun activities, meet Norfolk SPCA adoptable dogs and much more! Spend the day with your "Fido" in the most beautiful place in Hampton Roads!

Proceeds from this fundraising event will benefit Norfolk Botanical Garden and Norfolk SPCA  
A "Fido" fee of \$5 for NBG Garden members  
Not Yet Members: \$11 per person (this also includes "Fido")  
Click [HERE](#) for more information

The Norfolk SPCA will also accept donations of pet items, such as canned food, bedding, blankets and toys. Your additional donation can help hundreds of animals! For a complete wish list click [HERE](#).

### About Norfolk Botanical Garden

Norfolk Botanical Garden represents an oasis of 52 themed gardens encompassing 155 beautiful acres. From stunning plant collections to *WOW- World of Wonders: A Children's Adventure Garden*, this diverse natural beauty can be explored by tram, boat, or walking tours. The Garden is accredited by the American Alliance of Museums, is recognized as a Virginia Historic Landmark, listed on the National Register of Historic Places, a Virginia Green attraction, and is managed by the Norfolk Botanical Garden Society supported by the City of Norfolk. Norfolk Botanical Garden is dedicated to enriching life by promoting the enjoyment of plants and the environment through beautiful gardens and education programs. Admission is \$11 for adults, \$10 for seniors and military, \$9 for ages 3-17, 2 and under are free. For more information, visit [www.norfolkbotanicalgarden.org](http://www.norfolkbotanicalgarden.org)

### About The Norfolk SPCA

The Norfolk SPCA has been serving the community since 1892 and has guaranteed adoptions as a no-kill shelter for healthy, treatable pets for more than 10 years. We focus our efforts on finding our animal friends the forever homes they deserve and we envision a day when every adoptable animal is welcomed into a loving home. We shelter, treat, rehabilitate and rehome thousands of household companion animals every year. We also provide affordable veterinary services for public animal patients six days a week at our two locations. Our clinic's special mission helps reduce the incidence of people surrendering their animal companions because they cannot afford medical care. For more information, please visit [NorfolkSPCA.org](http://NorfolkSPCA.org).

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