



Horses for Heroes helps participants with challenges including:

- Post Traumatic Stress Disorder
- Traumatic Brain Injury
- Depression
- Anxiety
- Amputation
- Physical limitations due to combat injuries

Benefits include:

- Normalized muscle tone
- Improved Balance
- Increased range of motion
- Building confidence and self-esteem
- Developing strength, coordination and fine/gross motor skills
- Instilling patience and management skills

To learn more about this program, please reach out to our Client Program Coordinator,
info@EquestCenter.org



Mission Statement: We improve quality of life through equine-based therapy to physically, mentally and socially/emotionally challenged individuals. Our unique program integrates academic, social and physical skills using the horse as a catalyst.



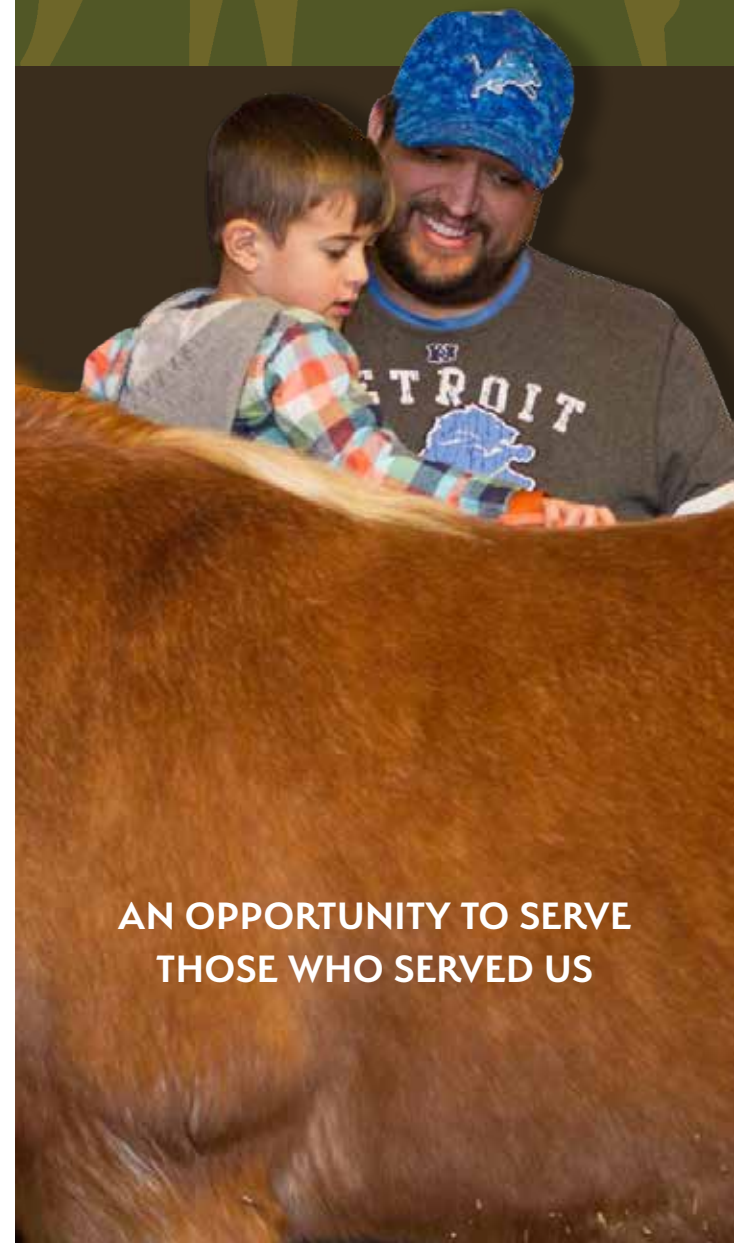
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Equest is a member of the Professional Association of Therapeutic Horsemanship International (PATH) <http://www.pathintl.org>



HORSES FOR HEROES



AN OPPORTUNITY TO SERVE
 THOSE WHO SERVED US

Horses for Heroes is a program for both veterans and wounded service personnel. The Program uses both mounted and un-mounted equine assisted activities to assist in physical and emotional healing.

A calm peaceful barn and the down-home smell of fresh hay... birds chatter... kittens meow their greetings and horses' nicker from stall to stall. Far from the chaos of a war zone or the bustle of the VA medical center, local veterans participate in a non-traditional therapy program at Equest Center for Therapeutic Riding called **Horses for Heroes**.

Working with horses in a therapeutic setting offers instant and constant feedback to participants, requires physical strength and balance, and is highly motivational – combining to make an exceptionally effective rehabilitation environment.



Outdoors on our serene 35-acre farm with a team of encouraging volunteers, PATH International instructors and a supportive horse, self-control, self-esteem, self-confidence and independence grow. **We strive to improve, emotionally empower and socially enhance the lives of veterans and active-duty soldiers, giving us an opportunity to serve those who have served us.**

