

# HERITAGE CHRISTIAN STABLES THERAPEUTIC HORSEMANSHIP PROGRAM

## REASONS TO START LESSONS

- Program activities are inclusive and open to people of all backgrounds and abilities.
- Each participant's involvement is goal-oriented so that progress can be measured.
- Learning opportunities are self-directed and customized to meet the unique needs and preferences of each person.

## EQUINE ASSISTED ACTIVITIES INCLUDE

- Therapeutic riding lessons.
- Recreational riding.
- Horsemanship classes to interact with horses.

Heritage Christian Stables opened on February 14, 2001 by Heritage Christian Services, a non-profit agency that assists children, older adults, and people with disabilities. The property is located on 13 acres in Webster, New York and includes an indoor and outdoor riding arena, viewing area, mounting ramp and horse paddocks with shelters. Lessons are provided by specially trained and certified therapeutic riding instructors.



Therapeutic riding lessons and other activities at Heritage Christian Stables are inclusive and open to all people.

## COME AND CHECK US OUT!

### HERITAGE CHRISTIAN STABLES

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HeritageChristianStablesTherapeuticRiding

Heritage Christian Services is an equal opportunity program provider and employer.



# HERITAGE CHRISTIAN STABLES THERAPEUTIC RIDING PROGRAM

MAKING STRIDES FOR PEOPLE OF ALL ABILITIES.



Heritage Christian Stables is a therapeutic horsemanship program that provides instruction from certified therapeutic horsemanship instructors in conjunction with specially trained horses and volunteers. The goal is to ensure that each rider enjoys a safe experience, catered to his or her distinct needs.

## OUR SITE

Located on 13 beautiful acres in Webster, Heritage Christian Stables is a remarkable site. It includes a 65-by-120-foot indoor arena, mounting ramp, viewing area, 12 horse stalls, accessible tack room and a 100-by-190-foot outdoor riding ring.

## HEALING WITH HORSES

As Sir Winston Churchill once said: "There's something about the outside of a horse that's good for the inside of a man." At Heritage Christian Stables, we believe the special bond between a rider and their horse can help people with disabilities reach beyond their limitations to achieve their dreams.

Therapeutic Horsemanship impacts a person's physical, cognitive, emotional, social, and spiritual well being. The horse's walk mimics the three dimensional movement of the human walk, offering riders the rhythmic movement and opportunities for improvement in balance, symmetry, and muscle strengthening. Participants are provided with cognitive tasks to improve following directions, sequencing, and meeting educational goals. Psychologically, it's empowering for the rider to be able to control a 1,000-pound animal and develop a bond with a horse that positively affects the participant's self-esteem and confidence. Therapeutic horsemanship allows people to strengthen their bodies and minds, freeing their spirit to do the things they never thought possible. And best of all, it's fun!

## VOLUNTEERS ARE ESSENTIAL TO OUR SUCCESS

The continued success of the therapeutic horsemanship program relies heavily on volunteers, which help to run lessons year-round. Riders may require as many as three people to assist them - one "side walker" on each side of the horse and one "horse leader" responsible for guiding the equine. Experience is not required. All necessary training is provided.

**Join us as a volunteer.** Call (585) 872-2540 or visit our website for an application at: [www.HeritageChristianStables.org](http://www.HeritageChristianStables.org)

## YOUR SUPPORT MATTERS

Participant fees cover approximately 30 percent of the operating costs with the remaining 70 percent coming from grants, special programs and fundraising events and donations.

In addition to accepting event sponsorships and cash gifts - which help with operating expenses and veterinary care - Heritage Christian Stables accepts in-kind contributions. You can contact the Stables for our current wish list.

Your support is welcome and needed. We appreciate any consideration you can lend!

