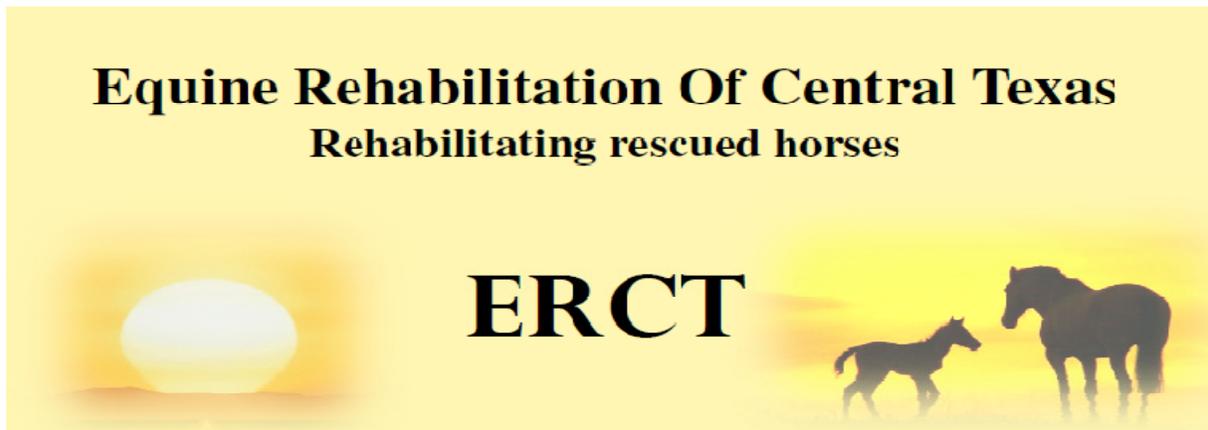


# Equine Rehabilitation Of Central Texas

## Rehabilitating rescued horses



## Summer Field Trips for Horseback Riding

**ERCT has been rehabilitating rescued horses and now has a therapeutic riding program giving rescued horses an opportunity to have the noble job of providing therapeutic riding to children. Equine-oriented activities contribute positively to the cognitive, physical, emotional and social well-being of children.**

Equine Rehabilitation's new therapeutic horseback riding program announces that we are open to groups of children to visit and sample the emotional and physical benefits of riding a horse at our facility off of 1431 in the Cedar Park area. We can accommodate up to 8 children at one time. Children will rotate between grooming the sweet miniature donkeys, petting the rabbits, coloring horse pictures and having a 20 minute horseback ride all within a two hour time frame. You can experience the peacefulness for \$20 per child.

The physical and emotional benefits of horseback riding have been known for several hundred years. The movement of the horse provides sensory stimulation to the body and brain of the rider that affects a variety of muscle groups. And there is a benefit that is more difficult to measure but is easy to see. With increased confidence, there is a sense of control and freedom that comes from making that large animal respond to the rider's direction. This "invisible" benefit allows the rider to experience a sense of accomplishment and reward.

To schedule your group or to learn more, contact me at 512-484-8480 or [lisarivers302@gmail.com](mailto:lisarivers302@gmail.com).

Lisa Rivers, the Program Director, PATH I.T., has more than 25 years experience with people with disabilities and families working with Medicaid Waiver Programs, teaching special education and nonprofit management of disability organizations.

Debbie Downing, PATH, has been providing therapeutic horseback riding for more than 7 years.

Sue Hargreaves, PATH and mentor, has more than 20 years experience as a Therapeutic Riding Instructor.

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