

HERO...

A man or woman of distinguished courage or ability, admired for his brave deeds and noble qualities.



*H*orses for Heroes at Maryland Therapeutic Riding is a program for both veterans and wounded service personnel. This program uses equine-assisted activities to assist wounded warriors in physical and emotional healing. The rhythmic gait of the horse transfers a gentle three-dimensional movement to the rider that relaxes muscles, improves muscle tone, and increases flexibility and balance. Outdoors, on our serene 25 acre farm, with a team of encouraging volunteers, NARHA Advanced and Master Instructors and a supportive horse, self-control, self-esteem, self-confidence and independence grows. We strive to physically improve, emotionally empower, and socially enhance the lives of veterans and active duty soldiers who have been wounded in the course of their service.

"I hope others see what the MTR Horses for Heroes program has done for the lives of so many. It has provided the Warriors in Transition Unit soldiers with such a wonderful healing atmosphere. I have personally seen the changes in the attitudes of the soldiers after coming to MTR." Staff Sergeant Dan Miller, U.S. Army

The *Horses for Heroes* program at Maryland Therapeutic Riding consists of eight or four week sessions in which an individual participates at a scheduled time once a week for forty-five minutes. Equine-assisted activities consist of learning horsemanship skills both on and off the horse, horse care, barn care, and riding.

Services are provided by professionals certified in Equine-Assisted Activities in cooperation with licensed health professionals, as well as the client's case managers.

***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
- *Increased range of motion
- *Building confidence and self-esteem
- *Developing strength, coordination and fine/gross motor skills
- *Instilling patience and emotional management

Space in this program is limited and early registration is important.

He Served....
He Deserves....



This service is provided at no cost to the participants or the U.S. government and solely relies upon the generosity of donors.

For additional information on the *Horses for Heroes* program at Maryland Therapeutic Riding, please contact Program Director, Kelly Rodgers at 410.923.1187 or kelly@mtrinc.org.

Horses for Heroes is a NARHA program.
MTR is a Premier Accredited NARHA Center.

Farm Address

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Crownsville, MD
21032

Mailing Address

P.O. Box 6477
Annapolis, MD
21401

Programs

410.923.1187

Development

410.923.6800
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Our farm is centrally located between Baltimore, Washington and Annapolis, not far from the intersection of Rt. 32 and I97, just south of BWI.

www.HorsesThatHeal.org



HORSES FOR
Her es
Maryland Therapeutic Riding

An
alternative
to traditional
physical,
mental,
and emotional
healing