



*"Two feet move your body.
Four feet move your soul."
-Anonymous*

Horses Helping Heroes (H3) is a unique 6-week course tailored for veterans, first responders, law enforcement officers, and healthcare workers. The program utilizes equine therapy, combining physical activities and emotional bonding with horses to promote healing and recovery.

Participants in H3 engage in various activities, including learning about horse care, tending to the needs of the barn, and taking riding lessons. The physical aspect involves grooming, feeding, and riding horses, contributing to improved fitness, coordination, and balance. The emotional component is equally crucial, as horses are known for their sensitivity and provide a non-judgmental, empathetic presence.



TROT
Therapeutic Riding Of Tri-Cities

HORSES HELPING HEROES



THERAPEUTIC RIDING OF TRI-CITIES

What You Will Learn

- Horse Anatomy
- Grooming
- Body Language
- Safety
- Proper Tacking
- Mounted Basic Riding Techniques

Benefits of Equestrian Therapy

- Decreased feelings of isolation
- Self-efficacy and self-esteem building
- Reductions in anxiety
- Increased confidence
- Trust development
- Self-acceptance
- Decreases in depression symptoms
- Improved management of stress
- Onsite Life Coach

This program is open to all interested parties at no cost to qualifying participants.

Apply today space and availability are limited.



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(509) 412-0112

www.trot3cities.org