



“HORSES GIVE US WINGS”



# FLYING FREE EQUITHERAPY



A Therapeutic Riding Center serving  
Galveston County and surrounding  
communities.



## Contact information:

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**Flying Free Equitherapy** is a 501 (c)(3) recognized non-profit corporation whose purpose is to help children and adults with physical, emotional, or cognitive disabilities to achieve self assurance, strength, a willingness to learn life skills, an increased ability to communicate and improved overall health, through the use of Equine Assisted Therapy

## The Benefits of Therapeutic Riding

Horseback riding for the disabled is recognized as one of the more progressive forms of therapy. The ability to control a horse as well as one's own body inspires self-confidence, responsibility and teamwork. Best of all, it is a thoroughly enjoyable experience, which creates a special relationship between rider and horse and promotes personal challenges.

- From the beginning, riders learn balance, coordination, and self-assurance while receiving therapeutic muscle stimulation.
- As a result of carefully planned lessons: poise, posture, strength and flexibility improve.
- A strong sense of responsibility develops as the rider learns to take part in the care of the horses and equipment.
- Lessons can be focused towards obtaining life skills
- Tremendous educational benefits. Students tend to learn faster and easier on the back of a horse.
- Advanced equestrian skills, teamwork, and cooperation are learned as the rider becomes independent on horseback.
- Classes, horse shows, and events encourage confidence, self-esteem, and a sense of accomplishment as new levels of expertise and new goals are met.



## ENROLLING IN THE PROGRAM

All persons 3 years old and older with a physical or cognitive disability may enroll in our program.

We are also open to persons who have chronic medical conditions.

If you are interested in enrolling, you must complete our information packet that includes student information, Doctor's release, and more information on equine assisted therapy.

There are some contraindications that will warrant a participant ineligible for equine assisted therapy.

## YOU CAN MAKE A DIFFERENCE

### VOLUNTEER

Being a non-profit facility, Flying Free Equitherapy relies heavily on volunteers to assist with the riding programs, horse care, clerical work, fundraising and overall maintenance. Your gift, whether in time, equipment, or finances can help give these special riders something they deserve... a chance. Volunteers and donors are the backbone of the Center. The volunteer's enthusiasm, perseverance, and skills assist the riders in achieving their objectives. Donors provide much needed funds to keep the Center running. Without this community support, the program wouldn't exist. Call the Center to find out how you can help. Your support **will** make a difference

