



A Call to Action....

I would like to be involved in the horsemanship program at the BEAT Riding Center, Inc. for the Horses For Heroes program!!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

I am interested in:

Riding

Groundwork

Volunteering _____

Previous riding or horse experience (none needed) _____

BEAT Riding Center, Inc.

41919 NW Wilkesboro Rd. Banks, Oregon 97106

503-3243071

Bradley's Equine Assisted Therapeutic Riding Center, Inc. (BEAT) is a nonprofit organization and depends heavily on financial donations.

Another CALL for ACTION!

If you know someone who could benefit from the **Horses for Heroes** Program please let them know about our new pilot program. The program is **FREE** to our veterans. We would like to have 10-15 veterans (men & women) that are experiencing some form of Post Traumatic Stress Disorder to start our pilot program.



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41919 NW Wilkesboro Rd
Banks, Or 97106

Phone: **503-324-3071**
E-mail: Beatriding@aol.com
Website: Beatriding.org

Bradley's Equine Assisted Therapeutic
BEAT
Riding Center, Inc
Horses for Heroes
A Veteran Rehabilitation Program
An Invitation to Ride
FREE!

B.E.A.T. Riding Center, Inc
(Horses For Heroes)
41919 NW Wilkesboro Rd
Banks, Oregon 97106
E-Mail: Beatriding@aol.com
Website: Beatriding.org

For our Soldiers, Life Can

Change in a HeartBEAT.....

HoofBEATS can Help Them Heal!



Dear Veteran:

We invite you to experience the joys of horseback riding at the **BEAT** Riding Center "**Horses for Heroes**" program. This program is generously funded by Disabled Veterans National Foundation & Robert D. & Marcia H. Randall Charitable Trust. This program will be provided **FREE OF CHARGE** to all Disabled Veterans referred by the V.A. Hospital or a professional therapist.

You will be instructed by a **NARHA** certified instructor and dedicated volunteers to teach you the foundations of horseback riding, horsemanship and equine behavior. If you are in the pilot program for PTSD, Dr. Turco will be supervising and documenting your progress. This study will provide evidence that this type of therapy is valuable to many individuals that are experiencing symptoms of PTSD.

Five years ago NARHA, working in concert with Walter Reed Army Medical Center and with the Wounded Warriors Project first launched this program with great success at the 1st. Battalion, 3rd United States Infantry (The Old Guard), Fort Myer, Virginia. Based on the success of that program, there have been many therapeutic riding centers developing programs in the USA utilizing the NARHA model.

Through our "**Horses for Heroes**" program (NARHA) certified instructors, assisted volunteers, will help you learn a variety of equestrian skills, including grooming, tacking mounting, riding, and caring for your horse. We offer basic, intermediate and advanced horsemanship skills levels.

Please consider experiencing the benefits of horseback riding at the **BEAT** Riding Center. This is a groundbreaking program and will undoubtedly become as popular in our area as its sister program has proved to be at Fort Myers, Arlington, VA. Please contact Phyllis Herinckx at **503-324-3071** or E-mail Beatriding@aol.com



Serving
wounded service personnel and veterans



BEAT Riding Center is a 501(c)3 nonprofit organization which was started in 1997 to recognize the healing power that horses share with humanity. We have served hundreds of families in the Portland Metro area and now strive to share the healing with our beloved veterans who have sacrificed so much.

- Current statistics are staggering and show that at least 10 million Americans have experienced some form of PTSD. Horses are natural therapists-there are no secrets between a horse and its handler.
- In an effort to honor, thank and give back in some small measure to our military personnel and their families for their service and sacrifice, **BEAT** wishes to open our stable and share the healing power of horses with our servicemen and women.

We believe that every person, no matter what the challenge, can benefit from riding. Individuals who possess a desire to learn about horses and riding in a manner that is natural, relaxed, centered and in harmony with the horse and oneself are excellent candidates for therapeutic riding, no matter what their physical or mental capabilities may be.

Our **Horses For Heroes** Program recognizes the tremendous medical, physical and spiritual benefits that equine assisted therapy can have on the human body. As a **NARHA** Member Center, our highly experienced and educated instructors and Dr. Turco's special expertise on PTSD, **BEAT** will be able to provide a high level of specialized

Why Use Horses For Therapy?



The horse has an amazing, natural ability to heal humans from physical and psychological scars. The horse can be instrumental in helping their rider to improve **strength, balance, coordination, confidence, coping skills** and assist in regaining the ability to **trust**. It can also help **sequencing, processing instructions, attention span** and **problem solving**. The horse can satisfy the **need to nurture** or **empower individuals** to reach for the stars. The therapy comes from the horse, not from humans. When you are riding or working with a horse, you are not thinking about your problems, you're just thinking, "*please don't let me fall off or don't step on me.*" Daniel Cutler, a veteran, that has been riding about 50 years said, "*When you ride a horse, you have to let go of your fear*", Horses as large and as powerful as they appear to be are still prey animals and as such require a lot of tender loving care to overcome their natural instinct to run from the unknown much like many people suffering from PTSD. "*My horse's feet are as swift as rolling thunder. He carries me away from all my fears, and where the world threaten to fall asunder, his mane is there to wipe away my tears.*"
Bonnie Lewis