Are you 55 or older and looking for a new activity, or to get back into horseback riding?

Research has shown that riding enhances both your body and mind, and it’s fun!

Horseback riding is a powerful way to:
- Increase or maintain muscle strength, balance, and range of motion
- Keep your mind sharp as you work on riding skills
- Improve coordination and problem solving skills
- Form a connection with your horse

Lessons include:
- Grooming your horse for your lesson
- Riding in our enclosed indoor and beautiful outdoor riding arenas
- Ride with other active older adults in a healthy, natural environment
- Individualized support from your instructor

Session length: 1.5 hours weekly for 4 weeks

Limited to 3-4 participants per session

For more information call: 815-653-9374