



# Saddle Up

## Horseback Riding for Adults 55+



### 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**



Main Stay's therapy horses go through extensive training and sessions are taught by a PATH Intl. certified therapeutic riding instructor and supported by program volunteers. Our beautiful state-of-the-art equestrian center is designed with safety in mind, whether you are getting back in the saddle or trying it for the first time.

Main Stay's 40 acre farm in Richmond provides a serene setting with spectacular views of the Glacial Park Conservation District. The farm is within easy driving distance from the Illinois cities of Crystal Lake, Fox Lake, Johnsburg, McHenry, Spring Grove, Woodstock and many cities in southeastern Wisconsin.