



At the Kentucky Horse Park

A Therapeutic Experience

P.O. Box 13155 Lexington, Kentucky 40511 (859) 231-7066

Central Kentucky Riding for Hope is dedicated to enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities using the horse.



# HORSE POWER

Central Kentucky Riding for Hope will be offering a six week series of equine assisted growth and learning sessions. The weekly two hour sessions will focus on problem solving skills, respecting boundaries, team work exercises, positive interactions with others, communication and trust. Each session involves hands on interaction with horses. All activities will be non mounted. The cost for the full program including materials is \$300.00. Each session will be facilitated by a therapeutic recreational specialist who is certified by NARHA (North American Riding for the Handicapped) and EAGALA (Equine Assisted Growth and Learning Association).

For more information and eligibility requirements  
please contact Denise Spittler

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