

# Heroes on Horseback provides FREE equine assisted activities to injured veterans

**Heroes On Horseback** is a program provided by Majestic Hills Ranch, a 501(c)3 non-profit foundation. This program offers equine-assisted activities and therapeutic horseback riding, **free of charge**, to injured armed forces personnel, active duty and veterans in rehabilitation who have sustained a wide variety of physical injuries and/or psychological trauma including, but not limited to, PTSD.

**Our Goal** is to engage injured veterans and active military personnel in a variety of equine-assisted therapeutic activities designed to achieve measurable physical, behavioral, cognitive, psychological and communicative goals.

**We believe** that equine assisted activities as described by PATH, Intl. (Professional Association of Therapeutic Horsemanship, Intl.) and EAGALA (Equine Assisted Growth and Learning Association), contributes significantly to the lives of people with physical, emotional, and mental impairment.

**We know** that horses heal. Equine assisted activities & riding are a proven therapeutic technique for people with a variety of physical, emotional, and mental disabilities. The gentle and rhythmic motion of a horse's gait increases the riders muscle strength while improving coordination, balance, and flexibility. The special bond or relationship formed with a horse can lead to increased self-confidence, enhanced self-esteem, improved decision-making skills, personal insight, a strong sense of achievement, increased recognition of boundary issues, and social skills that include increased patience.

**The horse and human bond** and its healing power has been known since antiquity. The horse's non-judgmental acceptance and tolerance helps veterans with disabilities to be motivated to learn, grow, and realize their fullest potential.

**With the help of specifically trained horses, knowledgeable instructors, and trained volunteers**, our veterans with disabilities and injured active duty personnel are taught horseback riding and horsemanship skills appropriate to their level of ability. Physical, occupational, recreational, speech therapists and primary caregivers are invited to work with our instructors to develop individualized riding plans with mental and physical goals.



**The Equine-Assisted Riding & Activities** can provide significant **benefits** to individuals challenged with:

- Amputation
- Behavior Disability
- Traumatic Brain Injury
- Emotional Disability
- Hearing Impairment
- Spinal Cord Injury
- Visual Impairment
- Post Traumatic Stress Disorder
- Substance Dependence

...to name a few.

**For individuals with physical disabilities:** The rhythmic and rocking walking gait of the horse transfers a gentle three-dimensional movement to the rider that relaxes muscles, and improves muscle tone, flexibility, balance, and their spatial awareness. With greater freedom of movement comes an increase in self-esteem, confidence, personal mobility, and independence.

**For individuals with cognitive disabilities:** Horseback riding offers an opportunity to improve their concentration, attention span, memory, and language/communication skills.

**For individuals with behavioral and emotional challenges:** The positive horse-human interaction can result in a greater understanding of teamwork, responsibility, and communication in relationships. As the bond develops, so does the person's ability and willingness to regain knowledge and skills necessary in their everyday lives.

**To participate**, contact us by phone or visit our website for an application.

**Want to help us?** Help these gallant men and women who have sacrificed so much to keep us safe and free. You'll find information regarding volunteering and/or providing much needed financial support to our program on our website:

[www.MajesticHillsRanch.org](http://www.MajesticHillsRanch.org)

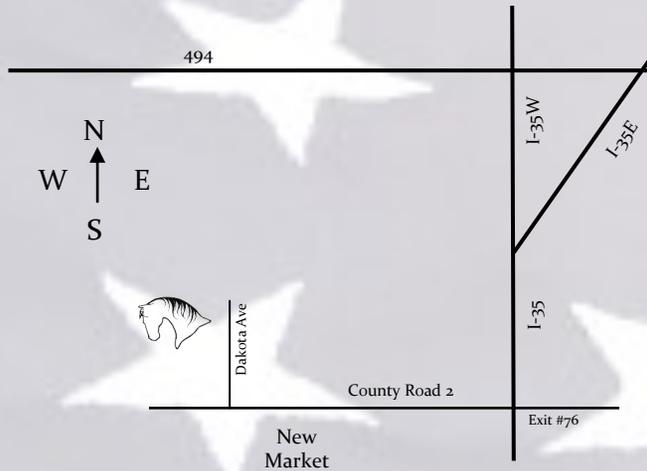
# Heroes deserve the opportunity to heal!



## Visit Us

Call to arrange a ranch visit and/or to meet with us to schedule participation in a class.

Larry Johnson, Exec. Director  
**612-669-8846**



## Our Mission:

Our Mission is to enrich and enhance the lives of injured armed forces personnel, whether active duty or veterans in rehabilitation, by engaging them in a variety of recreational and therapeutic equestrian activities designed to promote and improve their physical, mental, and social well-being.

MHR is a



Member



Majestic Hills Ranch

24580 Dakota Avenue  
 Lakeville, MN 55044

Phone: 612-669-8846  
 Fax: 952-888-6153

[www.MajesticHillsRanch.org](http://www.MajesticHillsRanch.org)

# MHR's Heroes On Horseback



*“In riding a horse,  
 we borrow freedom.”*

- Helen Thompson

## Majestic Hills Ranch

Provides **FREE** Equine

Assisted  
 Activities  
 (Therapeutic  
 Riding)  
 Sessions to  
 Injured  
 Military  
 Personnel,  
 Active Duty &  
 Veterans in  
 Rehabilitation

