

GET TO KNOW US

Attend a Walk-In Wellness Workshop

PROJECT HORSE EMPOWERMENT CENTER



FIRST RESPONDERS WELLNESS WORKSHOP

Relaxation in a farm environment with horses:

- Promotes calmness and connecting
- Enhances trust and communication skills
- Develops stronger coping skills and stress management

Project Horse is offering 2 hour monthly wellness workshops at no cost. First responders are often exposed to sights, sounds and smells that can leave them feeling overwhelmed. Come join our monthly wellness sessions the 2nd Monday of every month! Join other first responders for this restorative, non-riding, no-pressure workshop.

Free Workshops
for
First Responders

Confidential and
relaxing, just
humans & horses
building
relationships

Every 2nd Monday
1:30–3:30 PM
registration from
1:15–1:30 PM

No prior horse
experience needed

FOR DETAILS

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