

"In riding  
a horse,  
we borrow  
freedom."

HELEN THOMSON

*Equine-Assisted Therapy  
programs are held at*

Elizabeth A. Howard Therapeutic  
Riding and Activity Center

1225 Old White Road South, West Point, MS 39773



For more information about Extension's Equine-Assisted  
Therapy Program, contact Cassie Brunson at (662) 325-1718  
or [cbrunson@humansci.msstate.edu](mailto:cbrunson@humansci.msstate.edu).

[www.extension.msstate.edu](http://www.extension.msstate.edu)

## SUPPORT EQUINE-ASSISTED THERAPY

<http://bit.ly/SupportEquineMSU>

Select "Other" and include pledge number 311235.

To donate in support of Extension's Equine-Assisted  
Therapy Program, contact Will Stagers at (662) 325-2837  
or [wstagers@foundation.msstate.edu](mailto:wstagers@foundation.msstate.edu).

Certification workshops for therapeutic riding instructors  
are approved by the Professional Association of Therapeutic  
Horsemanship (PATH) International.

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Give  
the gift of freedom  
ON HORSEBACK

DONATE TO THE  
EQUINE-ASSISTED THERAPY PROGRAM!



STATE  
MISSISSIPPI STATE  
UNIVERSITY™  
EXTENSION



The Equine-Assisted Therapy Program helps children and adults with special needs to experience a few hours of freedom in the company of a horse and caring instructors and volunteers.



*These experiences translate into solid gains for the riders:*

- Improved strength, balance, coordination, and awareness.
- Stronger self-sufficiency and independence.
- Increased confidence and self-esteem.
- Enriched quality of life.

Donations to the Equine-Assisted Therapy Program will enable more children and adults to experience these opportunities for freedom from limitations, from frustration, from isolation, and even from wheelchairs.

**YOU CAN MAKE ALL THE DIFFERENCE.**

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## 4-H THERAPEUTIC RIDING & ACTIVITY CENTER CORE VALUES

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*Healing*

*Empowerment*

*Passion*

*Integrity*

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*There are five specific programs you can support:*

- Therapeutic riding to develop intellectual, physical, emotional, and social skills.
- Hippotherapy that uses the horse's motion to support and enhance physical, occupational, or speech therapy.
- Educational programs, including summer camps, school trips, and individual or group horse activities.
- Veterans Horsemanship Program, which provides interactions with horses to offer hope and encouragement, promoting physical, cognitive, social, and emotional growth.
- Certification workshops for therapeutic riding instructors.



*"Kylie can be so sick, but, on Thursdays, she pushes that sickness back and rides for an hour of true bliss."*

**CASEY ROBERTSON, KYLIE'S MOM**

Kylie has a progressive, degenerative form of mitochondrial disease, which is causing the gradual breakdown of her nerves and muscles, reducing her mobility, and impairing her internal organs. The hour she spends each Thursday with the Therapeutic Riding Program provides Kylie and her parents something to look forward to, a time free from the pain, isolation, and despair of her illness, and it has helped her to maintain her muscles and overall health.