

### BraveHearts' Mission:

*BraveHearts is a 501(c)3 non-profit organization founded to serve people who are coping with physical, mental and emotional challenges.*

*BraveHearts' mission is to provide equine-assisted activities and therapies with a team of expert staff, dedicated volunteers and therapy horses at multiple safe and caring facilities. In addition to serving children and adults, BraveHearts provides innovative services to meet the needs of our military veterans and their families.*

*Utilizing a faculty of national experts, BraveHearts is a center of excellence within the therapeutic industry through its unique efforts in programming, education and research.*

### BraveHearts' Vision:

*Bringing hope, joy and unlimited possibilities through the healing power of the horse.*

To learn more please visit our website at:  
[www.braveheartsriding.org](http://www.braveheartsriding.org)

## WHO DOES THERAPEUTIC RIDING BENEFIT?

A wide range of individuals including individuals with the following diagnoses:

- ♥ Autism
- ♥ Cerebral palsy
- ♥ Muscular dystrophy
- ♥ Down syndrome
- ♥ Attention Deficit disorder
- ♥ Spina Bifida
- ♥ The Deaf
- ♥ Visual impairments
- ♥ Post-Traumatic Stress Disorder
- ♥ And MORE !



**BraveHearts is a PATH Intl.  
Premier Accredited Center**



## BraveHearts Therapeutic Riding & Educational Centers



### BraveHearts Therapeutic Riding & Education Center

Farm Location: 7319 Maxon Rd ♥ Harvard, IL 60033  
Phone (815) 943-8226 ♥ Fax (815) 943-8426  
[www.braveheartsriding.org](http://www.braveheartsriding.org)

### BraveHearts at the Bergmann Centre

Farm Location: 4950 Route 173 ♥ Poplar Grove, IL 61065  
Phone (815) 765-2113 ♥ Fax (815) 765-0003  
[www.braveheartsriding.org](http://www.braveheartsriding.org)

## WHAT IS THERAPEUTIC RIDING?



Therapeutic Riding has been providing social, educational and recreational opportunities to individuals with disabilities for more than a century.

This unique form of therapy utilizes the special bond between humans and horses, and benefits students of all ability levels both inside and out.

Classes are taught privately or in a group format by PATH Intl. Certified Riding Instructors in conjunction with trained volunteers and very special therapy horses.



## WHO CAN PARTICIPATE?



Individuals can begin our Therapeutic Riding Program at three years of age. Therapeutic Horseback Riding provides services to a wide range of diagnoses and illnesses. BraveHearts is also proud to have the largest Veterans' Program in the nation.



## THE BENEFITS

Students will learn horsemanship and riding skills while improving physical, cognitive, emotional and social skills.



Therapeutic Riding encourages improvements in:

- ♥ Muscle strength
- ♥ Balance
- ♥ Range of motion
- ♥ Posture
- ♥ Self-esteem
- ♥ Cognition
- ♥ Independence
- ♥ Coordination
- ♥ The digestive system
- ♥ Interaction
- ♥ Following directions