

# Horses for Heroes

In an effort to honor, thank, and give back in some small measure to our military personnel for their service and sacrifice, Rising Hope Farms wishes to open our farm and share the healing power of horses with American servicemen and women. You have served us, now let us serve you free of charge. This program is fully staffed by military personnel and a NARHA Certified Instructor.



*"There is something about the outside of a horse, that is good for the inside of a man."*

*~ Winston Churchill*

***Providing this free ministry is our way of saying thank you to our wounded servicemen and women for their dedication and their sacrifices in serving our country.***

We would be honored to have you in our program. If interested please contact us:



**RISING HOPE FARMS**  
Gail Wartner, Founder  
3775 Bethany Church Rd  
Claremont, NC 28610  
Ph: 828-638-0879

[www.RisingHopeFarms.com](http://www.RisingHopeFarms.com)  
Email: [GailWartner@bellsouth.net](mailto:GailWartner@bellsouth.net)



**Rising Hope Farms**  
Therapeutic Riding Facility

Is honored to present a **NEW Program**

## Horses for Heroes

Providing Support and Services for our American Military Service Men and Women



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## Our Mission

Rising Hope Farms is a 501(c)(3) ministry that provides therapeutic riding, farm and animal assisted activities to individuals with physical, developmental, emotional or learning challenges.



Rising Hope Farms provides a safe and welcoming environment in a tranquil farm setting amid the beauty of the North Carolina countryside. Come and enjoy the beauty of nature as we assist you in overcoming issues of stress, trauma, or loss through the gentle bonds developed through the healing power of horses.



## Physical and Cognitive Benefits of Therapeutic Riding

- Balance
- Posture
- Muscle Tone
- Strength
- Stamina
- Stronger Core and Trunk
- Walking and Muscle Symmetry
- Sequencing
- Attention Span



## Program activities may include:

- Ride a Horse - Western Saddle, English, or bareback, in the arena or trail ride. (no experience needed)
- Learn to drive a horse and carriage
- Spend time with others who have shared similar experiences

## Available Programs...

For More Information on our services or how you can get involved, visit us at [www.RisingHopeFarms.com](http://www.RisingHopeFarms.com) or Call 828-638-0879

### Hippotherapy

We provide hippotherapy under our "Rising Hope" program. Hippotherapy is a treatment that uses horses with specially trained physical, occupational, and speech therapists to help patients with movement dysfunction.

### Therapeutic Riding

Individuals who benefit from therapeutic horseback riding have conditions such as amputation, brain injury, Autism, Cerebral Palsy, hearing, visual and speech impairment, learning disabilities, developmental delays, Multiple Sclerosis and many other challenges.

### Hoofs for Hospice

"Hoofs for Hospice" is a program that incorporates the use of horses to help facilitate the grieving process for children and teenagers who have experienced the death of a loved one. Hospice bereavement counselors, certified instructors, trained volunteers and horses combine to assist individuals with the healing process and help promote healthy coping skills.

### Horses for Heroes

Horses for Heroes is a NARHA (North American Riding for the Handicapped Association) based program that offers free equine therapy to veterans and active duty soldiers suffering from both physical and psychological wounds of war.