



MENTAL HEALTH AND WELLNESS THERAPY FOR FRONTLINE MEDICAL PROFESSIONALS/HEALTHCARE WORKERS THAT HAVE BEEN IMPACTED BY COVID-19 PANDEMIC

Every Tuesday in August starting on August 11th/ 18th and 25th from 10:30 am-12:00pm.
Every Wednesday in August starting on August 12th/ 19th and 26th from 6:00-7:30 pm.
We will meet at the Main Arena in the front of the campus.

This program is offered as a FREE service to our Frontline Medical Professionals and Healthcare Workers.

This program offers a safe, unique, and tranquil environment which provides the much-needed opportunity to be outdoors while practicing appropriate social distancing.

Equine-assisted activities are interactive and challenging. This program is devoted to improving the lives of our frontline medical professionals and healthcare workers.

Closed toed shoes are required to participate. There will be no riding of the horses all of the interaction will be ground-work based.

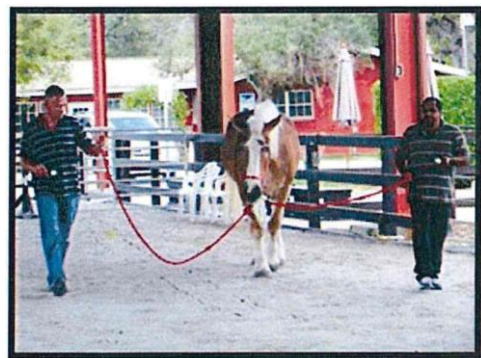
Benefits of Therapeutic Horsemanship:

Our horses are kind, affectionate and friendly helping to combat feelings of isolation and anxiety while their calming nature helps to reduce stress.

Facilitated by,

With NTRC's PATH Int'l. Certified Equine Specialist Lea Haven

With Licensed Mental Health Therapist Lourdes Araujo M.S., NH 18113



Naples Therapeutic Riding Center * 206 Ridge Drive, Naples FL 34108 *
239-596-2988 www.NaplesTherapeuticRidingCenter.org

If you would like to attend please contact David McKenzie at 239-596-2988 or by email at program@ntrc.org