



Reins of Life

Therapeutic Horseback Riding
for Children and Young Adults
with Special Needs



How You Can Help

Reins of Life supplies a well defined and desired service, rich in volunteer and community support. The generous donation of your time, money or talents can make a real difference in the lives of the children we serve.

For enrollment information, to volunteer, or to schedule a visit, contact:

Reins of Life, Inc.

c/o Judy Freedman
Founding Director
113 Crestwood Road
Landenberg, PA 19350

phone 610-274-3300
mobile 610-724-5305
fax 610-274-3301

Donors can designate a gift to **Reins of Life** through the United Way of Southeastern Pennsylvania, by choosing:

United Way of Southeastern PA
"Specific Care Option"
#5089 Reins of Life

Reins of Life is recognized as a 501 (c) (3) nonprofit corporation by the Federal Government and as a charitable organization in Pennsylvania. **Reins of Life** staff are certified Therapeutic Riding Instructors and members of The North American Riding for the Handicapped Association.

Design by Liz Krenos, Tweak Design Studio

OUR MISSION

To provide a pleasant and natural environment towards enhancing the physical, emotional, and cognitive abilities of disabled children and young adults through the experience of equestrian therapy.

Therapeutic Horseback Riding

A PROVEN ALTERNATIVE THERAPY

Reins of Life was established in 1993 as a 501 © (3) non-profit corporation and is well recognized as a successful therapeutic riding program for children and young adults with disabilities. The program has helped children and young adults with diverse types of handicaps make tremendous strides in improving the quality of their lives through therapeutic horseback riding.

At **Reins of Life** we strive to achieve physical development, socialization and learning through fun equine activities and riding as we instill a great sense of success, confidence, and accomplishment in our riders.



Program

Stretching mind and muscles, therapeutic horseback riding produces remarkable benefits, and is recognized as one of the most progressive forms of therapy gaining recognition world-wide.

The warmth and rhythmic movement of the horse provides numerous physical benefits.

The feeling of mobility and being able to control such a large animal provides psychological benefits leading to a feeling of satisfaction and accomplishment.

IMPROVED:

- Gross and fine motor skills
- Self-awareness
- Body strength
- Balance and coordination

INCREASED:

- Independence
- Self image and self confidence
- Attention span
- Motivation

Children with cerebral palsy, Down syndrome, autism, spina bifida, developmental delays, mental or emotional disabilities, as well as those with learning disabilities, hearing, speech, or visual impairments benefit from therapeutic horseback riding.

Reins of Life develops the most beneficial therapeutic riding program to meet the needs and goals of our riders. Carefully trained horses, special equipment and procedures are used to maximize the benefits of horseback riding for each individual. The therapeutic qualities of horseback riding are recognized by many medical professionals, including the *American Physical Therapy Association*, and the *American Occupational Therapy Association*.



A dedicated group of riding instructors, volunteers, and gentle horses makes *Reins of Life* a special place to be.



www.reinsoflife.com

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