

ELM HILL CENTER STABLES

26 East Main Street, Brookfield, MA



**Therapeutic and
Non-Therapeutic
Riding Lessons
for All Abilities**

Therapeutic lessons are designed to help children and adults with physical, social and cognitive disabilities.

Riders participate in activities that enhance sensory integration while playing games and following directions. Most importantly riders will experience a sense of physical freedom & have fun.

**Volunteers are essential to the program.
If you are interested please let us know.**

**Therapeutic Riding has Benefits
that Have Been Used
for Centuries...**

- Encourages confidence
- Enhances self-esteem
- Promotes balance, posture and coordination
- Improves overall muscle strength and endurance
- Provides a sense of accomplishment
- Improves overall life skills

****SAFE**EFFECTIVE**FUN****

**30 minute private sessions
or group lessons**

Sponsorship opportunities available

**NARHA & MA
Certified Instructor**
All Abilities Welcome

**For more information on our Equestrian Program contact Liz Flaherty
at 508-410-8970 / lflaherty@rehabresourcesinc.org
or visit our website at www.rehabresourcesinc.org**

Elm Hill Center is located at 26 East Main Street, Brookfield.

The Center provides inclusive programs for all people including those with special needs through hands on activities using horticulture, horsemanship and the arts.

*Elm Hill Center is a program of Rehabilitative Resources, Inc. of Sturbridge
www.rehabresourcesinc.org*