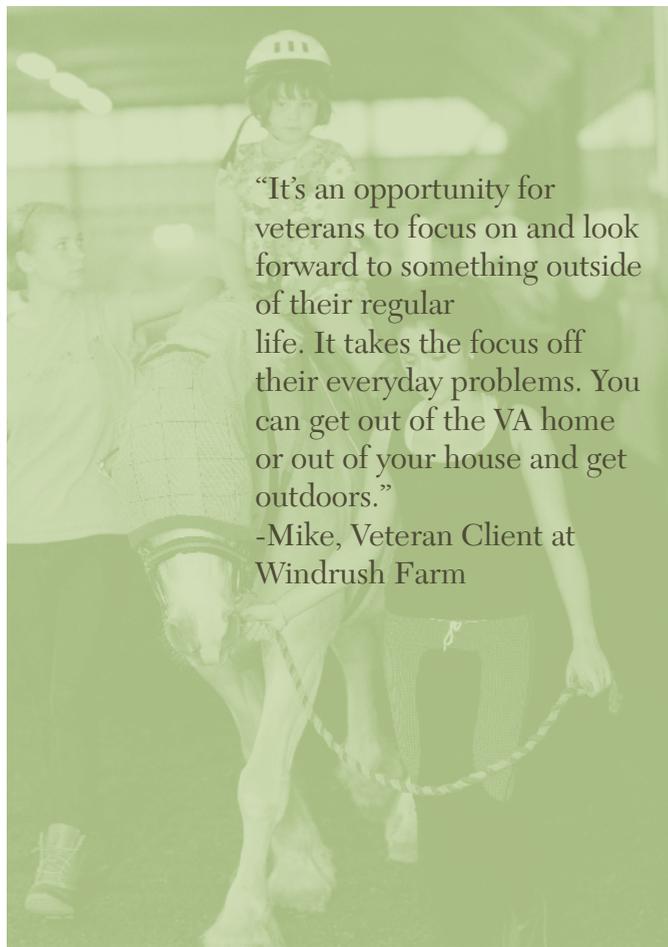


Our mission:
Windrush
expands and
enriches the
personal,
emotional and
physical abilities
of all those
we serve by
partnering with
our horses and
the environment.



“It’s an opportunity for veterans to focus on and look forward to something outside of their regular life. It takes the focus off their everyday problems. You can get out of the VA home or out of your house and get outdoors.”

-Mike, Veteran Client at Windrush Farm



Windrush
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EQUITATION, INC.

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Windrush
farm THERAPEUTIC
EQUITATION, INC.

Equine Services
for Heroes





Promotes healing by improving the physical, mental and psychological well-being of wounded military personnel and veterans

Equine-assisted activities and therapies (EAAT) have helped individuals with special needs improve their muscle tone, balance, posture, coordination, motor development and cognitive functioning, as well as dramatically affect their emotional well-being.

Who does the program help? The ES4H program at Windrush helps veterans with challenges including:

- Head & Spinal Cord Injuries
- Amputation (both upper and lower limb)
- Auditory & Visual Impairments
- Post Traumatic Stress Disorder

What are the benefits?

- Normalized muscle tone
- Increased range of motion
- Builds confidence and self-esteem
- Develops strength, coordination and fine/gross motor skills
- Instills patience and emotional control
- Increases concentration and self awareness

Why Windrush Farm?

Windrush Farm has been providing Equine Assisted Activities and Therapies for close to 50 years. Our staff is both MA licensed and certified by PATH Intl. The wonderful horses and ponies are well trained in providing safe activities for children, teens, and adults.

Program Overview

Windrush offers a variety of programs for veterans and their families. Some lessons may focus on therapeutic horseback riding for the physical and emotional benefits of learning to ride horses. Other lessons may focus on working with the horses from the ground to foster deep relationships and build communication between the clients and the horses. The structure of the lessons is quite flexible and can

be guided by the needs and interests of the veterans and their families.

Additional Programs

In addition to therapeutic riding, there are un-mounted activities and volunteer opportunities working with the horses that are also available to veterans.

We are also serving families of veterans and active duty personnel at a special military rate (\$45 an hour per person per lesson).

Cost

\$45/per hour

Questions? Or to sign up: contact Jenna Nowosacki, Program Coordinator at 978-682-7855 or Jenna@windrushfarm.org



Pictured below: Congressman Tierney's visit to Windrush Farm

