



HEROES & HORSES



STAR

SHANGRI-LA THERAPEUTIC
ACADEMY OF RIDING



*"There is something about the outside
of a horse that is good for the inside of a
man" (or woman)*

- Winston Churchill



Carry On...

EQUINE SERVICES FOR VETERANS

Partnering with horses to physically strengthen and mentally relax, STAR's Heroes & Horses program is uniquely challenging for veterans with disabilities facing issues like TBI, PTSD, amputation, sensory loss or other conditions as a result of their service (since 1990). In a peaceful setting, warriors experience hands-on interaction as they gain understanding and skills working with horses. Led by PATH International certified instructors, veterans are encouraged to reach beyond riding lessons to explore the distinct horse/human relationship.

Research shows that veterans who participate in equine assisted activities experience physical, emotional and mental rewards such as...

- Strengthened Core & Muscle Tone
- Improved Balance & Coordination
- Increased Self-esteem
- Relaxation & Stress Relief

Program costs are underwritten through the generosity of others, including Wounded Warrior Project, local corporations, and individual contributors.

VOLUNTEERING

Volunteers in this program are fellow service men and women who understand the military mindset thus providing a sense of camaraderie. All Veterans & Active Duty personnel are encouraged to volunteer - training is provided.

To enroll or volunteer, contact:

STAR
11800 Highway 11 E
Lenoir City, Tennessee 37772
Phone: 865.988.4711
Website: www.rideatstar.org



*STAR's mission is to foster personal achievement
by providing therapeutic experiences using
horse related activities for persons with
disabilities or other special needs.*