

HORSES & HEROES PROGRAM

Come ride with us and experience the healing power of horses!

Horses show participants how to build trust, grow in self-confidence, reduce stress and develop communication and leadership skills.

Equine Rehabilitation Central Texas is a non-profit 501c3 organization that rehabilitates rescued horses and provides therapeutic horseback riding.

NO COST to Veterans

Physical and emotional benefits of horseback riding include an increase in self-esteem, confidence, problem solving abilities, attention span, decreased anxiety etc.

The movements of the horse produce hormones that help us self-regulate emotions, helps us live in the moment and break free of fight or flight mode.

PLEASE RSVP to Lisa Rivers, ERCT Founder and Executive Director at lisarivers302@gmail.com

512-484-8480 --- www.horseserct.org

We are located at 17000 Trails End Cove, off 1431 just 3 miles from downtown Cedar Park.

Funding is provided by PATH (Professional Association of Therapeutic Horsemanship) and Wounded Warrior Project.
Thank you PATH and WW!

