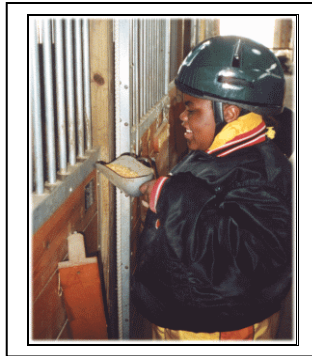


SMILES

Hearts Program



Caring for another's well-being is a boost to self-esteem

The HEARTS Program (**H**orse **E**xperiences & **A**ctivities **R**esulting in **T**herapeutic **S**uccess) offers diverse equine assisted activities to those for whom riding is not an option.

Riding is just one way that the horse benefits people, with and without disabilities. For some individuals, riding is not an option for medical reasons, lack of an appropriately sized or gaited horse, or because of fear or anxiety.

Being around the horse – handling it, bonding with it, caring for it, and just watching its graceful movements creates tranquility. The feel of the horse's warm breath on your cheek, his whiskers on your hand, hearing it nicker with appreciation, the sweet smell of the hay and grain benefit both mind and body.

For those unable to ride the horse, caring and sharing with them, and the interaction that develops is therapy for the senses and the soul.

An annual registration of \$20 and a per class fee of \$15, along with required releases, is required at the time of enrollment. For further information on this opportunity, contact SMILES Head of Instruction Laurie Olson at (262) 882-3470 or email her classes@smiles.nu.