



## Enhancing Lives With Horses

Therapeutic horses assist veterans in gaining self-understanding and emotional growth. The Stable Hands V.A.S.T. program recognizes the bond between humans and animals, and sees the potential for physical, mental and emotional healing that can occur when a relationship is formed and nurtured.

The V.A.S.T. program offers horse-based activities in a judgement-free environment allowing for a natural and holistic recovery from physical, emotional, social and cognitive challenges a veteran may face.

V.A.S.T. is offered in five-week session intervals. All sessions are self paced with no requirements and at no cost to the veteran.

For inquires, contact  
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[www.StableHandsTherapy.com](http://www.StableHandsTherapy.com)

The mission of the Veterans Assisted Sports Training (V.A.S.T.) program is to enhance each veteran's quality of life through equine-assisted training and activity.

### Program

- \* Self-directed approach
- \* Judgement-free
- \* Quiet and comfortable safe space
- \* Unmounted and mounted opportunities
- \* Clearly communicated boundaries
- \* Respect for each veteran's individual experiences
- \* Understanding of military culture

### Benefits

- \* Horses offer secondary therapeutic benefits
- \* Horse-human relationship bonding and trust building
- \* Physical, emotional and mental fitness
- \* Build upon skills learned in previous visits
- \* Opportunities to grow involvement and contribute to the program

### Promotes

- \* Relaxation
- \* Social Support and Connection
- \* Recovery from injury
- \* Interest in new hobby
- \* Inner peace
- \* Self-confidence