

Ride Your Horse! Therapeutic Riding Program
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LOOKING FOR A UNIQUE VOLUNTEER OPPORTUNITY?

Therapeutic riding offers a chance to bond with animals while helping individuals with disabilities

CERRITOS, Calif., - In preparation for their permanent move to Cerritos, Calif. the Ride Your Horse! Therapeutic Riding Program is hosting a Volunteer Orientation at B & B Stables in the City of Cerritos on Sat. April 5, from 10:00 until 1:00.

There are many volunteer opportunities available in Los Angeles and Orange Counties, but few offer as rewarding an experience as working with horses to help disabled children. Volunteers provide emotional support and unconditional acceptance as they work closely with instructors to ensure lessons are safe and enjoyable.

“Ride Your Horse! TRP is built on the strength of its volunteers,” said RYH founder and head instructor, Darlene Harman. “In some cases it takes three volunteers for a rider to have a safe, beneficial lesson. Without volunteers many of our riders would not be able to ride.”

Therapeutic riding can help children living with various disabilities. The horse’s rhythmic movements stimulate the rider’s muscles and joints and can lead to improved balance, coordination, muscle strength and increased self-confidence. RYH has served clients with disabilities ranging from ADA to Cerebral Palsy.

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Volunteers are needed to assist with lessons, lead horses, and to help with shows, planting and construction. Ride Your Horse! (RYH) is the only therapeutic riding program in the City of Cerritos and lessons are offered on Wednesday, Thursday and Friday. No horse experience is necessary.

The event will include an introduction to therapeutic riding, a screening of the National American Riding for the Handicapped Association's orientation video and lesson demonstrations. RYH founder Darlene Harman, event coordinator Michelle Arnold and current volunteers will be on hand to answer questions and provide information. Refreshments will be provided.

For more information call Michelle Arnold at 714 349-8814 or visit our Website

<http://www.rideyourhorse.com>

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About Ride Your Horse!:

Ride Your Horse! is 501(c)(3) therapeutic riding program whose goals are to provide quality equine-assisted activities to individuals with disabilities and encourage self growth through physical, cognitive, social, emotional and educational benefits.