



# Triple H Equitherapy Center

791 Backhaus Road Pipe Creek, Texas 78063 830-510-9515 www.triple-h.org

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For Immediate Release

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## **Horse Power for Seniors Program Slated for Spring Session At Triple H Equitherapy**

*Pipe Creek, Texas—January 1, 2017—*A new therapeutic horsemanship program for seniors age 55 and over will begin in March at Triple H Equitherapy Center in Pipe Creek. No previous horse experience is needed, and scholarships are available [if we mention scholarships, we need to mention cost]. The new program, “Horse Power for Seniors,” has two components. The first component, an introduction to horsemanship, is a half-day orientation emphasizing horse safety, communication with horses, and the healing power of horses. The second component features a four-to six week equine therapy session with weekly classes. Through equine-assisted therapy and learning activities, participants work towards individual health goals during the weekly classes.

In both program components, seniors benefit from the following:

- Social interaction
- Confidence building
- Stretching limbs
- Memory processing
- Balance
- Joy!



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“Seniors will benefit from the horses’ natural inclination to interact honestly with humans and other horses. These magnificent animals mirror the nuances of human body language, and horses are the perfect animal to allow seniors to conquer fears and meet the physical challenges of growing older,” commented Ginger Eways, Triple H executive director.

Other benefits of equine therapy are psychological in nature. Participants can get rid of depression and anxiety while gaining self-confidence as well as improving non-verbal communication. A sense of isolation is reduced while enabling them to tackle greater challenges in life. “A senior can learn how to groom, feed, and lead a horse while talking about his or her feelings with specially trained volunteer mentors and a licensed counselor,” Eways noted.

She continued, “One of the beauties of the program is that it will partner some of our senior horses with senior clients, and the human-horse bond they develop will enhance quality of life for the horses and their special seniors.”

Triple H founder, Kathy Harbaugh, herself a senior citizen, encourages seniors to participate in the program because, she says, “it will give you a chance to get out and have some fun on your own terms. You’ll experience empowerment, exercise, education, and enrichment. And, as a participant you will be providing a very important service for some of our senior horses who can’t be ridden on a regular basis. Our senior horses still have enormous amounts to give to those who learn to work with them on the ground.”

For more information about the program, please contact Ginger Eways at 806-388-2263.

Triple H Equitherapy is a 501(c)(3) tax-exempt nonprofit charity. All donations are tax exempt within the extent of the law. To support “Horse Power for Seniors,” please mail your



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check to Triple H Equitherapy, 791 Backhaus Road, Pipe Creek, Texas 78063. In the note section, you may indicate that your gift is designated for the senior program. To securely donate online, just go to the Triple H webpage, [www.triple-h.org](http://www.triple-h.org), then to the contact page and click the DONATE button. The donate page will allow you to donate any amount through debit or credit card or PayPal.

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## **Captions for Pictures:**

- 1. Triple H founder, Kathy Harbaugh, herself a senior, with her horse, Van, age 31. Van was the very first therapy horse at Triple H Equitherapy Center.**
- 2. Triple H Equitherapy Center's Volunteer of the Year, Courtney Qualtrough holds Van, a therapy horse, who played a leading role in a program at the Lakehills Civic Center on October 26, 2016. Those participating in a senior assistance program hosted by Alamo Resource Conservation & Development Area Inc., learned about the parts of a horse and the healing power of these majestic animals.**

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