

SADDLE UP



SERVING WOUNDED WARRIORS

If you are a wounded, injured Warrior from GWOT including OIF/OEF and Vietnam era suffering from physical and/or psychological injuries then Equine Therapeutic Riding might be right for you.

*If you are interested in the therapeutic value of a horse, are looking for improvement and willing to try a new strategy, **BITS Warriors** can help!*

We would love to serve you with this amazing one of a kind opportunity!

THIS PROGRAM IS PAID FOR
BY **HEARTBEAT**
AND IS

FREE

TO QUALIFIED WOUNDED WARRIORS.

THANK YOU TO ALL WHO HAVE DONATED

TO SUPPORT HEARTBEAT

BITS Warriors

Only continued donations keep this life changing program going.

AND THE CORE TEAM :

Janice Buckley

Founder/President Heartbeat Serving Wounded Warriors®

Kristy Dees

**PATH Instructor,
Level II Centered Riding Instructor,
CPC- Certified Peer Counselor
for Mental Health Support**

Chelsea Johnson

**PATH Instructor in Training,
Certified Peer Counselor for Mental Health Support**

BITS Volunteers



A 501c3 Non-Profit Organization

**Please visit our website for more information:
www.heartbeatforwarriors.org**

Back In The Saddle Warriors® BITS

Equine Therapeutic Riding Program



**LET THE HEALING
BEGIN ... ®**

"At Heartbeat, we provide emergency assistance, morale building, and innovative therapeutic services for wounded warriors and their families"

www.heartbeatforwarriors.org



A 501c3 Non-Profit Organization

A THERAPEUTIC PROGRAM TO IMPROVE MUSCLE STRENGTH, PSYCHOLOGICAL WELLBEING, MOTOR DEVELOPMENT, BALANCE AND COORDINATION, TO AID IN ALLEVIATING PAIN AND ANXIETY, FACILITATES RESILIENCE AND REINTEGRATION.



Equine Therapeutic Riding



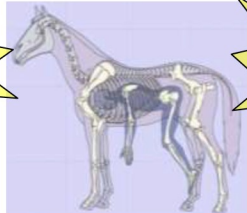
EQUINE THERAPEUTIC RIDING SCHEDULE

ALL SESSIONS ARE CONDUCTED ON TUESDAYS ON A PRIVATE RANCH IN TUMWATER WA
Sessions are offered weekly on Tuesdays 1000-1400.

Each Warrior has a 1 hour session individually. Goals are discussed with the Warrior and our PATH Instructor and Health Care Specialist to determine that individual's plan.

Visual – Sight
Auditory – Hearing
Gustatory – Taste
Tactile – Touch
Olfactory – Smell
Vestibular – Balance
Proprioceptive – Awareness of the position of one's body/body parts

We have 7 senses, not just 5



We have very similar structure



Horses help Warriors build trust

Sensory – Offering a sensory rich environment. Sensory stimulation has been shown to aid in the therapy process. The more senses the better!

Physical – Facilitates natural and functional movement. Strengthens muscle groups. Improves range of motion, balance and coordination.

Psychological – Gain leadership and collaboration skills (roles). Builds trust and confidence.



Horses mirror human emotions

Social/Emotional – Engage with horses and people. Learn to better recognize and modify feelings (emotional regulation).



Cognition can often be improved

Cognitive (Mental Processing) – Facilitates motor planning (praxis). Improves timing and sequencing of self and horse. Builds problem-solving skills.



BITS Warriors works to:

Focus on reintegration skills, Conquer anxiety & frustration, improve physical strength and flexibility and increase your communication skills all in a unique barn environment.

This program is facilitated by a PATH Instructor who is also a Level II Centered Riding Instructor and a CPC—Certified Peer Counselor for Mental Health Support, A Path Instructor in Training who is also a Certified Peer Counselor for Mental Health Support.

Contact Janice Buckley for questions and enrollment opportunities.

Janice Buckley Founder/President
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