

# EQUINE ASSISTED WELLNESS WORKSHOPS



## RELAXING MIND, BODY & SPIRIT

Join us for two hours of guided wellness activities while partnering with our therapy horses. Experience the benefits to your mind, body and spirit that come from practicing established techniques to reduce stress, re-energize, engage your senses, and connect with the natural world around you.

These workshops are for anyone who is interested in overall health and wellness, looking for ways to manage the stress of daily life, or seeking relief from anxiety or depression. Research has shown that interacting with animals can decrease levels of cortisol (a stress-related hormone), lower blood pressure and help people manage their long-term mental health conditions.

Located on the serene and picturesque campus of Glade Run Adventures, experiences are non-mounted and led by certified mental health and equine professionals. Each workshop is unique, and can be tailored to the needs of your group, so plan to come often!

### What participants have said:

- Greatly enjoyed the experience! Interacting with the horses really gave me a sense of calm.
- Absolutely amazing. The staff was great at guiding our sessions and kept things moving. It was so much fun to be with the horses and everyone was respectful to the animals.
- I have problems with anxiety and I felt calm the whole time. Would definitely do this again.

**Workshops are hosted the first Sunday of each month from 9:30 to 11:30 am OR by appointment.**

**\$25/person**

*Maximum of 12 participants and a minimum of 6 participants/workshop*

## RESERVE SPACE

Register online at: <https://equineassistedwellnessworkshops.eventbrite.com>  
or by contacting Julie Wahlenmayer at 724-452-4453, ext. 1236 or by email at [jwahlenmayer@gladerun.org](mailto:jwahlenmayer@gladerun.org)



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ADVENTURES**

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