



Managing Anxiety through Equine Assisted Experiences

Glade Run Groups

Horses are excellent partners in helping humans to learn to manage their anxiety. Through practicing mindfulness, sensory integration, meditation and a variety of other clinically proven techniques, horses help individuals to re-establish the connection between the mind and body.

- There is no riding during this group. The focus is on learning skills to manage anxiety that can be practiced with the horses (while on the ground with them) and utilized in other areas of life.
- Participants should dress appropriately for the weather, much of the time will be spent in the barn.

Children's Group

Ages 7 - 11 years

Meets Fridays from 4:00 - 5:00pm

Teen Group

Ages 12 - 18 years

Meets Fridays from 5:15 - 6:15pm

Adult Group

Over the age of 19 years

Meets the first Sunday of each month from 12:00 - 1:00pm

*To register, please complete the interest survey at: <https://forms.gle/i4wyPDcT4WhgdZwx7>
You will be contacted to confirm registration.*

For more information on any of these groups, contact Julie Wahlenmayer, MA, NCC, LPC at 724-452-4453, ext. 1236 or jwahlenmayer@gladerun.org.

Location

GLADE RUN ADVENTURES

30 Glade Run Drive
Zelienople, PA 16063



**GLADE RUN
ADVENTURES**

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www.gladerun.org