Silver Saddles
A PROGRAM FOR
ADULTS 55+

The Silver Saddles Program at Leg Up Farm is designed for adults ages 55 and up who are looking for ways to stay active and involved in their community. The program is suitable for all levels of equestrians and includes engaging activities for all to enjoy.

Participants will learn everything from grooming and leading to equine care all while forming a relationship of trust and respect between themselves and their horse.

The benefits of working with horses are numerous and can help combat many issues commonly faced by older adults. Participation in this group encourages social engagement, promotes physical fitness and empowers participants to take on other obstacles in their lives. Most of all, horses bring joy into the lives of people through their unique ability to interact and connect with humans in a simple, but powerful way.

*The Silver Saddles Program does NOT include riding.*

GROUPS WILL BE HELD:
- Once per week
- 90 minute sessions
- 4 or 8 week duration

COST:
$25 per person for each weekly session

INFORMATION AND REGISTRATION, CONTACT
Jessica Warns, Equine Director
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Leg Up Farm