



Reins of Life

Therapeutic Horseback Riding
for Children and Young Adults
with Special Needs

How You Can Help

Reins of Life supplies a well defined and desired service, rich in volunteer and community support. The generous donation of your time, money or talents can make a real difference in the lives of the children we serve.

For enrollment information, to volunteer, or to schedule a visit, contact:

Reins of Life, Inc.

c/o Judy Freedman
Founding Director
113 Crestwood Road
Landenberg, PA 19350

phone 610-274-3300

mobile 610-724-5305

fax 610-274-3301

Donors can designate a gift to **Reins of Life** through the United Way of Southeastern Pennsylvania, by choosing:

United Way of Southeastern PA
"Specific Care Option"
#5089 Reins of Life

Reins of Life is recognized as a 501 (c) (3) nonprofit corporation by the Federal Government and as a charitable organization in Pennsylvania. **Reins of Life** staff are certified Therapeutic Riding Instructors and members of The North American Riding for the Handicapped Association.

Design by Liz Krenos, Tweak Design Studio



OUR MISSION

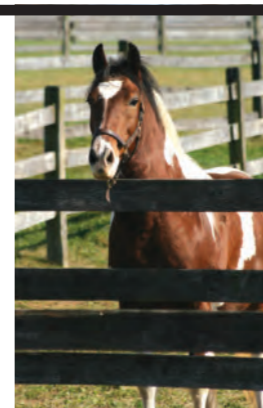
To provide a pleasant and natural environment towards enhancing the physical, emotional, and cognitive abilities of disabled children and young adults through the experience of equestrian therapy.

Therapeutic Horseback Riding

A PROVEN ALTERNATIVE THERAPY

Reins of Life was established in 1993 as a 501 © (3) non-profit corporation and is well recognized as a successful therapeutic riding program for children and young adults with disabilities. The program has helped children and young adults with diverse types of handicaps make tremendous strides in improving the quality of their lives through therapeutic horseback riding.

At **Reins of Life** we strive to achieve physical development, socialization and learning through fun equine activities and riding as we instill a great sense of success, confidence, and accomplishment in our riders.



Program

Stretching mind and muscles, therapeutic horseback riding produces remarkable benefits, and is recognized as one of the most progressive forms of therapy gaining recognition world-wide.

The warmth and rhythmic movement of the horse provides numerous physical benefits.

The feeling of mobility and being able to control such a large animal provides psychological benefits leading to a feeling of satisfaction and accomplishment.

IMPROVED:

- Gross and fine motor skills
- Self-awareness
- Body strength
- Balance and coordination

INCREASED:

- Independence
- Self image and self confidence
- Attention span
- Motivation

Children with cerebral palsy, Down syndrome, autism, spina bifida, developmental delays, mental or emotional disabilities, as well as those with learning disabilities, hearing, speech, or visual impairments benefit from therapeutic horseback riding.

Reins of Life develops the most beneficial therapeutic riding program to meet the needs and goals of our riders. Carefully trained horses, special equipment and procedures are used to maximize the benefits of horseback riding for each individual. The therapeutic qualities of horseback riding are recognized by many medical professionals, including the *American Physical Therapy Association*, and the *American Occupational Therapy Association*.



A dedicated group of riding instructors, volunteers, and gentle horses makes *Reins of Life* a special place to be.



www.reinsoflife.com

phone 610-274-3300

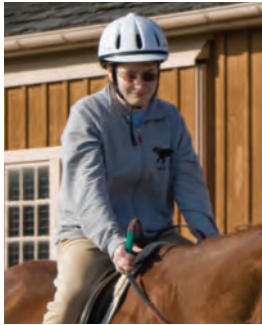
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Testimonials

PARENTS



Riding has physically improved Kathleen's posture, and has strengthened her muscles. Her communication skills have also improved. In the last year Kathleen's accomplishment in her riding skills makes her feel very proud.



Colin's physical therapists are consistently surprised with his body strength, attributing it directly to horseback riding. He has made significant social and verbal gains as well. We are grateful for all of the Reins of Life staff and volunteers' kindness, understanding, and hard work.



Derrick's self confidence has soared as a result of riding at Reins of Life. He's proud of himself for what a great job he does; we even noticed his confidence has carried over into his everyday life. We all feel very fortunate that there is a program out there like "Reins of Life."



Our greatest reward has been the irresistible smile that spreads across Jennifer's face each time she sits atop her equine friends. We are thankful to those who have contributed funds to this tremendous organization and we can assure you that any gift made to Reins of Life will become a treasure for a special needs child.

VOLUNTEERS



I have fallen in love with these kids. When you see the looks on their faces when they get on their horse and begin to walk or trot, you'll understand. There is nothing better than being a part of that process.

As a volunteer for Reins of Life, I have found it very rewarding in many ways. There are no words to describe the gratification that I receive after a day spent with these special children and horses.

Self-assurance, strength, knowledge, lots of laughter and smiles, are the results from this wonderful program. I always fight back tears when I think about the kids and this program!



I Saw A Child

*I saw a child who couldn't walk,
sit on a horse, laugh and talk.
Then ride it through a field of daises
And yet he could not walk unaided.
I saw a child, no legs below,
Sit on a horse and make it go
Through woods of green
And places he had never been
To sit and stare, except from a chair.*

*I saw a child who could only crawl
Mount a horse and sit up tall.
Put it through degrees of paces
and laugh at the wonder in our faces.
I saw a child born into strife,
take up and hold the reins of life.
And that same child was heard to say,
thank God for showing me the way.*

—John Anthony Davies

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YES!

I would like to help others grasp the Reins of Life!
I would like to make a tax-deductible contribution of:

- \$500 \$250 \$100
 \$50 \$25 other
 I'd like to volunteer

Your check or money order payable to
Reins of Life, Inc. may be mailed to:



Reins of Life, Inc.
c/o Judy Freedman
113 Crestwood Road
Landenberg, PA 19350

First name Last Name

Street Address

City

State Zip Code

Area Code Phone

email