



Adaptive Horseback Riding P181209

Adults with a Physical Disability or Visual Impairment

Who doesn't like horseback riding? We will be riding at Hanson Center in Burr Ridge. Adaptive Horseback Riding is recognized as one of the more progressive forms of therapy. Common benefits are increased endurance, strengthening of the spine and pelvic muscles, improving posture and coordination, and increasing joint mobility. Long pants and closed-toed shoes must be worn.

Contact: Sean Fritsch

Location: Meet at NEDSRA

Age	Day	Date	Time	Res. Fee
18 & up	Sat	Apr 7, 21, May 5, Jun 2	11:45am-3:00pm	\$165

Door-to-door transportation available to NEDSRA residents for an additional \$34.