

## THE BENEFITS

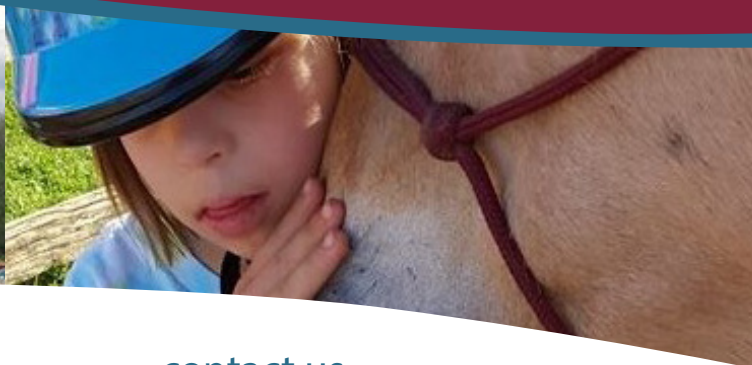
Some of the benefits of riding a horse can include improved self-esteem and confidence, increased muscle strength and balance, better trunk control and posture, improved hand-eye coordination, enhanced communication and social skills, improved focus and concentration, as well as fun, friendship and learning responsibility.

## WHO WE SERVE

The Shane Center services individuals ages 5 and up who have a variety of disabilities including; cerebral palsy, down syndrome, spina bifida, autism spectrum disorders, developmental delays, learning disabilities, attention deficit disorders, as well as other cognitive and physical disabilities.



[www.ShaneCenter.org](http://www.ShaneCenter.org)



### Improves

physical fitness  
gross & fine motor skills  
self esteem

### encourages

fun  
friendship  
responsibility

### builds

trunk control & posture  
character & confidence  
social skills & communication

### contact us

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improving the  
**quality of life**  
for **people with disabilities** through  
innovative equestrian activities

# PROGRAMS

## THERAPEUTIC RIDING

Our flagship program uses the medically-acknowledged benefits of riding a horse to improve the physical, emotional, and cognitive well being of our participants, plus it's FUN! This is no PONY RIDE! Riding a horse helps take our clients beyond the confines of their dis-abilities. Students use their abilities to learn the actual skills involved in riding a horse. The active participation required by riding allows our students to benefit from the physical, cognitive, emotional, and social aspects of horseback riding.

## HORSIN' AROUND

This program is designed for independent riders with special needs, as well as typical beginner and intermediate youth and adults. Lessons focus on learning natural horsemanship methods both on the ground and in the saddle and can include games and activities as well as videos and demonstrations. Classes emphasize learning to ride in balance and rhythm with the horse and focus on enabling students to be well rounded equestrians.

## SHANE'S CAVALRY

As our servicemen and women return home, it is imperative that we "support our troops" by supporting our veterans. Facing the struggle of returning home, while battling a physical or mental injury, continues to take a horrific toll on our warriors. The VA has reported that, on average, 22 veterans will commit suicide every day . . . The Shane Center has made the commitment to do its part in supporting our vetrans. Shane's Cavalry serves our veterans and their families by offering individualized programs and special events.

## ABOUT US



Founded in 1993 as "Equine Assisted Therapy, Inc." by Karen and Joel Sanchez, The Shane Center for Therapeutic Horsemanship is situated on 40 beautiful acres in scenic Knox County and is located at Willow Farm in Centerburg, Ohio.

The Shane Center is central Ohio's original therapeutic riding program and has a reputation for providing safe, quality, family-oriented services that are second to none! In 2014, the center changed its name to honor Shane, one of its original therapy horses and also the childhood horse of founder Karen Sanchez. The Shane Center is the ONLY therapeutic riding program in central Ohio that is a Premier Accredited Center of The Professional Association of Therapeutic Horsemanship, International.

## VOLUNTEER

Volunteers are essential to the success of our program and enable The Shane Center to fulfill its mission and offer quality programming the community has come to value.

Volunteer opportunities include: Lesson & Stable-Mate Volunteers, and Special Event Volunteers. Volunteering is a great way to give back to your community, have fun, and become part of our remarkable group of authentic, caring people. Individual and group service projects are welcome.



## DONATE

Through the generosity of individuals, corporate donors, and foundations, The Shane Center is able to fulfill its mission of improving the quality of life for people with disabilities by offering innovative equestrian activities. By making a tax-deductible contribution you are giving a gift of unconditional love, and physical and emotional wellness to a person with a disability.

**No student has ever been turned away for financial reasons.** Consider giving a gift in the honor of or in the memory of a friend, family member, or beloved pet. Many companies offer matching gift programs to their employees who volunteer with our organization. Every donation makes a difference!



**Our Beloved Shane  
1972-2007**