



## Horses as Healers

Horses as Healers is an extraordinary healing program for those who have completed cancer treatment. Patients learn to groom, tack up, and ride horses under the guidance of Miwok Stable's equestrian staff and trained volunteers. Each person learns new horsemanship skills and works at his or her own pace, interacting with one of eight especially gentle therapy horses. Participants report that the time is extremely relaxing and rewarding. Many participants benefit from the incredible emotional healing power of horses in one of Marin's most beautiful outdoor settings.

*“Horses pull you back into your body and into the present moment.”*

– Diane, 11-year cancer survivor



### Your Ride is Waiting!

This four-week program is free and open to MarinHealth Cancer Care patients. Participants should be able to commit to attending each weekly session

Dates and time vary.

Call **1-415-233-3618** for more information and to register.

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