

Mindfulness Morning for Healthcare Providers

We are offering a unique event to those in healthcare that support groups with special needs.

If you are a Child Life Specialist, Healthcare Social Worker or in a similar role we would love to offer you a morning of mindfulness with the horses.

Enjoy a fall trail ride learning about horse behavior, spend time grooming and connecting with our equine partners and learn mindfulness techniques to help quiet the day to day hustle.

No horse experience is expected to participate. Participants need to be under 225 pounds due to weight restrictions of our horses.



Sunday, November 13th from 9:00am - 12:00pm

Rain Date: Sunday, December 4th

This will be an intimate morning with no more than 8 participants. For more information or to sign up please email EAL@horseandbuddy.org.

Registration closes Friday, October 28th