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Benefits of Therapeutic Riding (just to name a few)

- Increase balance, strength and flexibility
- Increase ability to process information
- Independence and self-control
- Improve language and communication skills
- For movement impaired disabilities, horseback riding mimics the human motion of walking in a way that is not replicated by any equipment
- Increased quality of life - It's Fun!

To promote the well-being of persons with disabilities through the provisions of horseback riding and other related activities.



Ways to Donate...

- smile.amazon.com to generate donations for Central Illinois Riding Therapy Inc.
- PayPal
- Thrivent Mutual Choice Dollars
- Mail a check
- www.shop.com/cirt

Weekly Riding Lessons...

Individually tailored therapeutic horseback riding lessons for children, youth, adults and US Veterans with physical, mental, physical, emotional, and behavioral disabilities.

Volunteer Opportunities...

If you like horses and like helping people (no horse experience required), join our team, make new friends and be a part of a great community!

Visit www.cirt.info
or Email cirt@cirt.info
For more information!