



501c3 NON-PROFIT

Wild Horse Haven Rescue



United Way of Graham
& Greenlee Counties

Presents

Horse Heart Breathing

Techniques for Stress-Anxiety-PTSD with Sidewinder

Friday, November 15th, 4pm-530

Saturday, November 16th, 10am -2pm

Come see what Horse Heart Breathing is all about, meet Sidewinder, the Empathetic Horse. Sidewinder will teach you techniques to help with stress and anxiety.

Activities for the Whole Family



- VISIT THE "TRANQUILITY CORRALS" FOR HORSE HEART BREATHING
- A DISCUSSION ON HORSE HEART BREATHING
 - READ TO THE BABY DONKEYS: FLOPSY AND MOPSY
 - HUG A DONKEY. DONKEYS NEED LOVE TOO.
 - "THE ADVENTURES OF MAVIS THE BRAVE LITTLE BURRO"
READ BY THE AUTHOR WITH MAVIS HERSELF
 - MUSTANG OBSERVATION
 - GIVE DRIFTER THE LONGHORN A TREAT (FOR THE MORE ADVENTUROUS SOUL)
 - ROCK PAINTING-PAINT YOUR FAVORITE ANIMAL ON A ROCK

LIVE UNITED

1762 E. Powerline Rd, Safford AZ. FOLLOW THE SIGNS

Text 520-698-7685 or Sariah 928-322-9980

wildhorsehavenrescue@gmail.com

WWW.WILDHORSEHAVEN.COM

