

Silver Saddles

A fun filled equine group experience for people over the age of 50.



STRIDES OF STRENGTH
THERAPEUTIC RIDING

Improve muscle tone
Build core strength
Improve balance
Build confidence
\$225 per 6 sessions

ENJOY THE FRESH AIR, MAKE NEW FRIENDS, JUST HAVE FUN!

ABSOLUTELY NO EXPERIENCE IS NEEDED.
THE PERFECT HORSE IS WAITING FOR YOU!

TO SIGN UP FOR YOUR GROUP SESSIONS,
PLEASE CALL TO SCHEDULE 803-374-6255.

2717 Gaston Farm Rd, Chester, SC 29706

StridesofStrength.org

Email: Beth.Gaston@StridesofStrength.org

803-374-6255

We strive to provide a comprehensive therapeutic equine program utilizing horses to facilitate growth, learning, and healing. Our population includes children and adults with mental, physical, emotional, and functional disabilities.