



# Retreat for people with cancer

One-day, equine-assisted therapy retreat for individuals with cancer or cancer survivors

## Ironstone Farm

**Route 133, (450 Lowell St.) Andover, MA -- 30 minutes north of Boston**

No horse experience necessary! Free of charge! Learn more at [IronstoneFarm.org](http://IronstoneFarm.org)!

Unlike traditional horseback riding lessons that emphasize training and performance, the equine-assisted retreat focuses on discovering the powerful relationship between horse and human. It can help to:

- Build a renewed sense of self
- Overcome fears and insecurities
- Increase confidence, as a reminder of one's own strength

### **Special Considerations:**

Ironstone Farm is a working farm. Prior to registering, please talk to your doctor if you have concerns regarding exposure to hay, dust, or animal hair/dander.

### **Format:**

The retreat is primarily an unmounted program consisting of various exercises with and without horses. One exercise may include a mounted session. An unmounted option is included for those not interested in or able to sit astride a horse. Refreshments are provided throughout the day.

### **Registration:**

First to return completed forms are registered. **Please indicate your preferred date. Space is limited.** Retreats are complimentary to all people with cancer diagnoses.

**Contact Us:** For more information, including the registration packet (required), please contact Ironstone Farm at 978-475-4056, or email [programs@challengeunlimited.org](mailto:programs@challengeunlimited.org)

Retreats are funded through the generosity of the **Boston North Cancer Association** and the **Virginia Wellington Cabot Foundation**