

I attended the first HAH women's program, not really knowing what to expect. All I knew, it was about fly fishing, and horses, and was located in one of the most beautiful locations in New Mexico. Well it was amazing! I had no idea just how "locked up" I had become physically and emotionally as a disabled veteran. The instructors were great and the volunteer "Battle Buddies" were amazing. Eddie and the other instructors were just right with 'helping' me ride again, and 'encouraging me' to problem solve my own disability issues. I never thought I would ride a horse again, but I did! Fly fishing was fun and the peaceful beauty of the area, really soothed my spirit. Funny how sometimes the best therapy happens along a river or riding with other vets. I left the HAH retreat feeling more balanced, stronger, and relaxed than I had been in many years. Thank you HAH.

I feel this program helped me in many ways, so much that I wanted to return as a volunteer to help the program bring to other women vets, what it helped me to find.

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