LIFT ME UP!
EQUINE ASSISTED PROGRAMS

Seniors often suffer from social isolation, inactivity, and a lost sense of purpose, which can lead to physical and cognitive decline, anxiety, and depression. There is a critical need for group activities and programs for seniors that are fun, socially engaging and physically and emotionally stimulating.

Introducing

The Silver Herd

Horses Enriching Retirement Days

Enriching social connections and emotional well-being!

Offered at Lift Me Up's NEW Equine Wellness Center in Great Falls, Virginia, our goal is to provide meaningful social activity for seniors and give the opportunity to connect with new people, enjoy nature in a scenic, rural atmosphere, and interact with horses in a safe and relaxing environment.

Horses have a strongly attuned sense of awareness and can recognize human intentions, emotions, and other energetic projections. Equine-assisted activities help seniors reconnect with memories, improve motor function, and regulate emotions. We are committed to providing an experience that will yield physical, emotional, and cognitive benefits.

Sessions are conducted by PATH certified instructors and are tailored to individual abilities and fitness levels. Here's a sampling of activities offered in the Silver Herd program:

Bond with our Herd	Fitness with Horses
Groom, brush, clean & assist in care	Ground-based exercises
Exercise our horses by leading them	Stretching
Prepare food, make horse treats and feed the herd	Yoga
Participate in exercises in herd behaviors	Meditation

Equine Art, Music and Literature	Horsin' Around Fun and Games
Paint using a horse as your canvas Photograph our beautiful herd Read or talk to a horse Group discussions around equine books, poetry, music, and art	Roll the Dice Horse Races Horse Bingo Name That Horse Horse Jeopardy H-O-R-S-E Basketball Hold Your Horses Matching Game

The many benefits of Silver Herd include

- Meeting new friends
- Engaging the mind
- Stimulating the senses
- Building strength, flexibility, and balance
- Improving coordination
- Relaxing and relieving stress
- Improving social & communication skills
- Building trust with horses and humans alike!

The Lift Me Up! Wellness Center is located in the heart of Great Falls, Virginia, a rural area known for its equestrian lifestyle. We aim to create a harmonious environment that promotes wellness and the therapeutic benefits of integrating with horses.

About our Wellness Center

- Easily accessible for those of different physical ability levels
- Wheelchair friendly restroom
- Flat, level property
- Climate-controlled client lounge
- Ample parking
- Space for activities, discussions, and education
- PATH Certified instructors
- Well-trained barn and horse care staff
- Rigorous safety protocols

For more details and program information contact Lift Me Up! Executive Director, Julie Casso at julie.casso@liftmeup.org. Experience the restorative power horses with The Silver Herd!