

# ■■■ Horses 4 Heroes Obstacle Course ■■■

S.A.F.E.R. Horsemanship™

**Strength • Awareness • Focus • Emotional Regulation**

**Presented by PonyUp4Kids Foundation**, Horses 4 Heroes is a specialized, unmounted equine-assisted obstacle course created exclusively for **veterans**. This program honors service while providing a powerful, hands-on experience that builds calm leadership, emotional control, and resilience under pressure.

## Who This Program Is For

- Military veterans of all branches
- Veterans navigating transition, stress, or reintegration
- Veterans seeking connection, purpose, and grounding experiences

## What Is Horses 4 Heroes?

Participants are paired one-on-one with a horse and guided through a thoughtfully designed obstacle course—entirely from the ground. Horses respond honestly and immediately, helping participants practice awareness, emotional regulation, and confident decision-making in real time.

## Benefits for Veterans

- Reduced stress and nervous-system regulation
- Improved focus and situational awareness
- Emotional regulation under pressure
- Rebuilding confidence, trust, and self-efficacy
- Leadership through calm presence—not force
- A sense of purpose, connection, and accomplishment

**No riding • No prior horse experience required • Supportive and respectful environment**

**Honor your service. Strengthen your foundation. Lead with calm confidence.**

Learn more and register today:  
**[www.PonyUp4Kids.com](http://www.PonyUp4Kids.com)**