



***Stirrups 'n Strides***  
***Therapeutic Riding Center, Inc.***



***Striding Into the Future***

***Empower, Enrich & Inspire***  
*people of all ages with physical,  
mental or emotional challenges*

***What makes therapeutic riding so special?***

*Not only does riding a horse help improve strength, coordination, and balance, it also helps to improve confidence, self-esteem, and increase attention span. Most importantly, it provides individuals a sense of freedom and independence.*

***Stirrups 'n Strides Therapeutic Riding Center, Inc.***

**"BUY A BALE OF HAY" OR 2 OR 3 OR MORE!**

Hello Stirrups 'n Strides friends, families and supporters! As we are all recovering from the economic setbacks from COVID 19 restrictions, we hope this finds you and yours on the way back to a more normal way of life and doing business.

Thanks to all of you, last year's "Buy a Bale of Hay" fundraiser was a huge success and provided enough hay throughout the winter for our entire herd! We are hoping for your support again this year as we all strive to regain normalcy from the pandemic.

Stirrups 'n Strides, a 501(c)3 nonprofit organization, continues to provide therapeutic riding for all ages with physical, mental and emotional challenges. We serve individuals challenged with autism, cerebral palsy, stroke, Down syndrome, seizures and numerous other challenges. We are also providing equine therapy for our military who suffer with PTSD, emotional trauma and addiction. We have witnessed the many wonderful benefits this unique service provides through the power of the horse.

Each horse average's approximately three bales of hay per week. One bale of hay is \$8.00. Providing hay for one horse for a week costs \$24.00, for two weeks \$48.00 or for a month \$96.00. We are hoping you can contribute and **"Buy a Bale of Hay"** or 2 or 3 or more! Every bale helps in feeding our horses.

Our classes are gradually increasing in size again and we have adapted ongoing safety precautions as part of our new normal for the safety of all involved. It is with great appreciation that we thank all of you for helping to sustain Stirrups 'n Strides through our "Buy a Bale of Hay" fundraiser.

Contributions can be sent to Stirrups 'n Strides Therapeutic Riding Center, PO Box 326, Citra, FL 32113 or made on our website home page: [www.stirrupsnstrides.com](http://www.stirrupsnstrides.com)

From the Stirrups 'n Strides team to all of you, we thank you so very much! Have a great summer.

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