

# Frontline **Heroes** Wellness Program



Pal-O-Mine Equestrian is offering **complimentary** wellness experiences for our medical professionals and first responders.

You may join us virtually or in person on our 13-acre working farm. Sessions may include reiki, mindfulness, and horsemanship - and every experience involves the horses and other farm animals. Sessions are run by licensed social workers, reiki masters, and certified equine specialists.

The well-known benefits of being in nature include reduced stress while providing a sense of calm, connection, and solace. It has been proven that animals and nature together help lower heart rate, blood pressure and muscle tension.

For more information or to schedule a wellness session(s), email Carol Ann at [cguerriero@pal-o-mine.org](mailto:cguerriero@pal-o-mine.org) or call her at 631-348-1389 x 3761.

**Experience a place of refuge with nature and animals!**

