



## Our Herd is All-In for Our FALL-IN FRIDAYS

For all their size and strength, horses are incredibly sensitive and perceptive. They don't have verbal communication, so learning how to communicate with a horse through body language, one also learns how to better understand him or herself. The bond between horse and human is based on trust and respect, and this relationship can help enhance relationships with people.

Every FALL-IN FRIDAY session will be a unique experience. Activities include practicing horsemanship skills, learning basic horse care, learning to lead a horse, and playing games with the horses.

Sessions are facilitated by Licensed Mental Health Professionals and Equine Specialists who have specialized training and experience in the military community.

### 2021 Scheduled Dates:

October 29  
November 12  
December 10

### Time:

10:00 am – 11:00 am

### Location:

Pal-O-Mine Equestrian  
829 Old Nichols Road  
Islandia, New York 11749

### Benefits of Fall-In Friday Sessions:

Comradery with other veterans  
An opportunity to "do" rather than talk  
Be in nature in a non-threatening environment  
HAVE FUN!

**Open to:** Veterans, Active Service Members, First Responders, Firefighters, Police, and their families.

**Cost:** FREE