



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



Horses are prey animals and can teach us natural survival skills. When we're with them we can learn to recognize our own fight or flight instincts.

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.

Benefits of Fall-In Friday Sessions:

- Comradery with other veterans
- An opportunity to "do" rather than talk
- Be with horses in nature
- Observe horse's survival instincts
- HAVING FUN!

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

Cost: FREE

Veteran service members are welcome to come and spend time with our horses and other farm animals. Email: military@pal-o-mine.org to register and for additional information.

2022 Scheduled Dates:

February 25

March 25

April 29

Time:

1000 - 1100

Location:

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

Phone: 631-348-1389 • Website: www.pal-o-mine.org

Email: military@pal-o-mine.org