



NEWS

EQUINE ASSISTED THERAPY HELPS PUT LIVES BACK ON TRACK AT UNBRIDLED CHANGE

Offers National Equine Assisted Personal Growth and Learning Program

Boones Mill, Virginia – June 12, 2009 – Unbridled Change, a new non-profit equine assisted therapy center, specializes in providing interactive mental health therapy for individuals dealing with a variety of social and psychological issues. Using the nationally acclaimed and proven Equine Assisted Growth and Learning Association (EAGALA) model, clients at Unbridled Change learn the basics of respect, relationship building, problem solving and behavior modification.

“We see an almost instant connection between one of our horses and the client,” said Michelle Holling-Brooks, founder and executive director, Unbridled Change. “For our clients, working with horses is a new experience and very empowering. It requires they develop a level of communication and discipline that can be the foundation for lasting change and personal growth.”

Located in Virginia’s Blue Ridge Mountains, Unbridled Change serves the greater Roanoke Valley area, including Franklin County and Smith Mountain Lake. Unbridled Change’s founder holds the highest EAGALA certification in the area and is one of only 14 EAGALA Advanced Certified Equine Specialists in the nation – www.eagala.org. Ms. Holling-Brooks is also a North American Riding for the Handicap Association (NARHA) registered instructor and active member of the Equine Facilitate Mental Health Association (EFMHA).

Unbridled Change works extensively with at-risk children and teens and offers a unique scholarship fund that allows individuals to sponsor group therapy sessions by making a tax-deductible donation of as little as \$55. A 10-week individual and/or family therapy program can be sponsored for \$1,100.

While Equine Assisted Therapy is the main service offered at Unbridled Change, they also provide private Therapeutic Riding lessons. Therapeutic riding can benefit individuals with – Muscular Dystrophy, Cerebral Palsy, Downs Syndrome, Autism Spectrum, Multiple Sclerosis, Spina Bifida, learning and attention deficit disorders and sight and hearing problems. Riding gently and rhythmically moves the body in a manner similar to a human gait and improves flexibility, balance and muscle strength. Both fine and gross motor skills are used simultaneously to complete tasks and achieve therapeutic goals.

For summer, Unbridled Change is offering a variety of discounted Equine Assisted Learning programs open to all kids ranging from age six to 15. “Each week our Blazing the Trail program will focus on different age appropriate skill sets, such as - leadership, team building, communications and relationship skills,” said Ms. Holling-Brooks.

On July 11, Unbridled Change will host its first annual open house and fund-raiser, Bluegrass on the Maggodee. The festivities will include an evening of ripping licks from local Bluegrass bands, BBQ dinner, raffle, silent auction, door prizes, carriage rides, and a demonstration of serves and programs. Proceeds from the event will directly benefit Unbridled Change’s scholarship fund and the care and feeding of the horses.

For additional information on therapy sessions, team building, riding lessons, making a donation, sponsorship and upcoming events, visit – www.UnbridledChange.com. Photos are available at – http://www.unbridledchange.org/Upcoming_Events_.php . To learn about EAGALA, visit – www.eagala.org.

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