

Our History

- ◆ HETRA has been serving the greater Metro Omaha area for the past 21 years.
- ◆ HETRA is a NARHA Premier Accredited Center.
- ◆ Many of the staff and volunteers participating in the program are Veterans themselves.

“Appreciating the power of the horse to change lives is our goal,” said NARHA Past President Dr. Paul Spiers, “and NARHA wants to provide positive change for these very special lives. Our service personnel have fought to preserve our freedom, and, for many, at a very dear cost. We must be certain that if our wounded service personnel and veterans need and want this kind of help, they will get the best NARHA has to offer.”



Heartland Equine Therapeutic Riding Academy

is Proud To Announce our Pilot Program



HETRA's Mission

To improve the quality of life both physically and emotionally of adults and children with disabilities through equine assisted activities.

HETRA
PO Box 260 ★ Valley, NE 68064 ★ (402) 359-8830
WWW.HETRA.ORG

How will the Veteran Participant Benefit from this Program?

- ◆ The motion of the horse closely simulates human gait.
- ◆ Riding helps to improve posture and balance, it also improves strength and range of motion.
- ◆ Equine Assisted Activities can help build self esteem and self confidence.
- ◆ The program is designed to evaluate and provide opportunities for improvement physically, mentally and socially for participants.



- ◆ Veterans will participate in 45 minute therapeutic sessions, conducted by the HETRA team.
- ◆ Team members include: NARHA Certified Therapeutic Riding instructors, Occupational Therapists and a Mental Health Therapist.
- ◆ Sessions are conducted on Thursday evenings at the HETRA Valley Facility.
- ◆ There will be no cost to the first four participants as we have secured a grant to cover the cost. Additional funding is being pursued for future participants.



Who Can Participate in this Program?

Veteran's of any age and type of disability are encouraged to explore participation in this program.*

*Specific precautions and contraindications to horseback riding will be addressed through a thorough evaluation by an occupational therapist to determine eligibility.



To become a participant in this program:

Contact Edye Godden at
Edye@hetra.org or
402-708-6433

Check out our website at
www.HETRA.org to learn more
about how to join the program.