

STEADY STRIDES FOR PARKINSON'S EQUINE SUPPORT PROGRAM



BEAMING
EQUINE-ASSISTED SERVICES

Enriching quality of life through connections with equine partners.

BEAMING's equine support programs help to empower those living with Parkinson's and their caregivers to improve their physical, mental and emotional health.

STEADY STRIDES FOR PARKINSON'S

The Steady Strides for Parkinson's Equine Support Program is designed to improve quality of life, reduce social isolation and encourage physical activity for those living with Parkinson's disease (PD) and their caregivers.

Studies have shown that equine-assisted services as a support to traditional PD treatment are effective for improving mobility, cognitive abilities and emotional well-being. The movement of the horse can improve balance, strength, tone, timing, coordination, and postural control, which can all lead to improved functional ability of the person with PD (MI Parkinson Foundation).

The Steady Strides for Parkinson's program was developed using similar curriculum as BEAMING's evidence-based Riding in the Moment Dementia Support Equine Program, which the equine center has been offering since 2019.

Participants groom, walk and can ride horses; engage in mind-body emotions exercises; enjoy educational activities, musical performances and guest presentations; and participate in hands-on projects; while caregivers are able to spend quality time with their loved ones while meeting a support network of others going through similar challenges.

This no-cost program serves clients regardless of socio-economic status, race, gender orientation, religion or ability.

► **To enroll** in the Steady Strides for Parkinson's program, please call or text Katie Samuelson, Center Director, at 920-851-6160 or email incbeaming@gmail.com. See program dates at beaminginc.org/events-2 or by scanning the QR code to the right.



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*Visits by appt only please

