

# 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](mailto:incbeaming@gmail.com). See program dates at [beaminginc.org/calendar](http://beaminginc.org/calendar) or by scanning the QR code to the right.



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\*Visits by appt only please





# DEMENTIA SUPPORT EQUINE PROGRAMS

EQUINE-ASSISTED MEMORY CAFÉS  
RIDING IN THE MOMENT™ & RIM MOBILE  
STEADY STRIDES FOR PARKINSON'S



**BEAMING**  
EQUINE-ASSISTED SERVICES

## EQUINE-ASSISTED MEMORY CAFÉS

We welcome community members with early- to moderate-stage dementia and their caregivers to enjoy horse experiences and other interactive activities at the BEAMING Barn every month at our no-cost Equine-Assisted Memory Cafés.

Participants can enjoy grooming, walking and riding horses; riding our Equicizer horse simulator; making and feeding horse treats; educational presentations; music; arts and crafts; scavenger hunts; "show and tell"; our Sensory Walking Path; our bird and butterfly gardens; socializing; and other outdoor and barn activities.

These Cafés are a wonderful way for participants and their families to engage in a social gathering and meet others for camaraderie and support.

## RIDING IN THE MOMENT™ PROGRAM

Developed with the University of Wisconsin-Madison, BEAMING is the **second in the nation** to offer **Riding in the Moment™**, an evidence-based program that improves the quality of life for both seniors living with early- to moderate-onset dementia and their caregivers.

Participants groom, walk and can ride horses, make and feed horse treats, watch horse demonstrations and participate in mind-body emotions exercises, educational activities, and hands-on projects.

This program also benefits caregivers by allowing them to spend quality time in an uplifting outdoor setting with their loved one, allowing them the opportunity to ride horses, and introducing them to a support network of other caregivers experiencing similar challenges.

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

We also take the horses to memory care facilities through our **RIM Mobile** program, helping residents socialize while exercising their minds and bodies.

► **To attend** a Memory Cafe, **to enroll** in the Riding in the Moment™ program or **to inquire** about RIM Mobile, please call or text Katie Samuelson, Center Director, at 920-851-6160 or email [incbeaming@gmail.com](mailto:incbeaming@gmail.com).

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