



A loved one and their care partner (spouse, adult child, sibling, friend) may be living with the challenges of memory loss, impacting their quality of life. If so, did you know that Centro Ecuestre Caballerizas Paraíso, A.C., in partnership with Connected Horse, facilitates therapeutic equine-guided workshops focusing on memory loss and the underlying relationship challenges?

These workshops are based on a three year research study conducted at Stanford University and UC Davis, and are designed to reduce stress, improve sleep patterns, and enhance communication, all through interactions with our therapy horses. The four week workshops benefit both the person living with dementia and their primary care partner, while providing a new shared experience, a new opportunity for social connection.

Horse experience is not a requirement. Participants engage with our trained horses from the ground, no riding experience is necessary. Participants must be ambulatory.



*"I feel so blessed to have been able to do this with my husband who has Alzheimer's. I particularly enjoyed being with him for 2 1/2 hours with amazing horses and people and feeling that I didn't need to mediate the world or translate or micro-manage." - Connie, CH Participant*



November was National Alzheimer's Disease Awareness Month. As you gather with family and friends over ANY holiday season, we wanted to tell you about a resource to share. Connected Horse at Centro Ecuestre Caballerizas Paraíso, A.C.

*"I really can't explain it, but my relationship with my wife has changed, I don't know if she's less anxious because I'm less stressed or if I have less stress because she's less anxious. All I know is that since we worked with the horses, our relationship is much better."*

FREE to participate; however donations are gratefully accepted! Please share this information as a family and contact us for additional details, to ask questions, or send a donation.

More Information About Connected Horse at Centro Ecuestre Caballerizas Paraíso, A.C.  
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