



Health & Wellness Day for People & Horses

Local resources dedicated to helping you and your horse stay healthy and happy. Admission is Free!

Sunday, June 12 8:30 a.m.-1:30 p.m. River Valley Ranch 9801 E. Millmar Road



8:30-9 a.m.

Paddock Yoga

Jenny Kendall, CYT
Desert Horse Yoga

If you want stability, flexibility, and clear thinking from your horse, start with yourself through a little bit of yoga. Establish your own stability and strength, increase your flexibility, and clear the clutter from your mind with a little Paddock Yoga. Yoga beginners welcome.



9:15-9:45 a.m.

Whole Food Nutrition

Crystal Carter, Health Educator
Juice Plus+

Did you know that fruits, vegetables and grains are SO good for you they can save your life? Did you know that you can change every cell of your body out in 1 year with good nutrition? Come hear why these easy, inexpensive capsules or soft chewables can change your family's world!



10:30-11 a.m.

Equine Acupuncture

Mike Hutchison, DVM

Pegasus Equine Veterinary Service
Dr. Hutchison's 15 years experience in conventional veterinary practice allows him to holistically integrate acupuncture into your horse's whole health care plan. Come find out what common horse health issues benefit from this integrative approach.

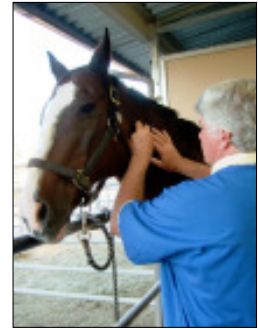


11:15-11:45 a.m.

Equine Nutrition

Lisa Brunner
H² Wellness

Is your horse getting all the nutrition he or she needs in their diet? Come learn the ABC's of horse nutrition with Lisa Brunner! Easy to follow presentation and I will be available for questions after the presentation.



12-12:30 p.m.

Body Connection

Stacey Kollman, ESMT

Desert Horse Equestrian Services
Would you be surprised to learn that many times a horse's so-called behavior problems actually begin with balance and posture issues? Come learn how to begin listening to what your horse is trying to tell you when he fidgets, fights or just can't quite find straightness.



12:45-1:15 p.m.

Honoring Life and Loss

Kristine Bentz, Life-Cycle
Celebrant®

Sweetgrass Ceremonies, LLC
Kristine explores how to celebrate milestones with your horse, plus prepare for and memorialize end-of-life.