



*Hearts, Hands & Hope*  
**TOGETHER**  
 CHANGING LIVES



## *The Rides & Reins Story*

### **Enhancing Lives in our community**

Our goal is to provide physical, mental and psychological benefits to individuals with special needs through horse-assisted activities.

The rhythmical gait of a horse acts to move the rider's pelvis in the same rotation and side-to-side movement that occurs when walking. A therapeutic riding session promotes strength, balance, coordination, flexibility, posture, and mobility. And can also improve concentration, patience and self esteem.

A special bond is established between horse & rider. We are pleased to offer such a distinct and natural method of therapy for individuals.

We welcome school field trip visitors, service groups, scout troupes and senior groups to come tour and view therapy demos by appointment. Serving Washington, Ozaukee, Milwaukee, Waukesha and Dodge Counties.

### **Special Needs Served**

ADD / ADHD  
 Autism  
 Cerebral Palsy  
 Development Delay or Disability  
 Down Syndrome

Emotional or Behavioral Disorders  
 Epilepsy/Seizure Disorders  
 Genetic Conditions  
 Hearing Impairment  
 Intellectual Disability

Learning Disability  
 Orthopedic Issues  
 Speech Impairment  
 Spina Bifida  
 Spinal Cord Injury  
 Stroke  
 Visual Impairments

## *How It Began*

In 1998, Mequon stable owner Don Elias leased his horses to a group of therapists working with special needs individuals. He witnessed improved strength, balance, mobility and outlook on life.

When Don noticed the change that it made, he wanted to start a program of his own!

In 1999 he sold his stable and



moved to a 45 acre farm in Slinger, WI where he started Rides and Reins.

With Don's passing in May 2017, his wife Renee, together with their daughter Tabitha and her husband Patrick have continued Don's dream of making a difference for so many!

*“ There is something about the OUTSIDE OF A HORSE that is good for the INSIDE OF A MAN. ”*

WINSTON CHURCHILL



*“ Our son has autism and this helps to CALM HIM as well as INCREASE ATTENTION SPAN and following directions. His core and balance have STRENGTHENED and he looks forward to coming every week! ”*

KERILYN B. - HARTFORD

*“ We have noticed such a POSITIVE and INCREDIBLE DIFFERENCE in our daughter becoming so much stronger in both muscles and her ability to make more sounds. We are forever grateful for this opportunity to watch her GROW MORE EACH WEEK! ”*

MICHELLE S. - WEST BEND

### **Rides & Reins TEC, Inc.**

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