

# High Hopes Therapeutic Riding, Inc.



PRESENTS

## “FOR THE HORSE”:

A one-day Workshop Bringing  
you Current Information on the  
Health and Well-Being of Your  
Equine Companion!

*Saturday, April 22, 2006*  
*9:00 AM – 4:00 PM*



## THE HIGH HOPES STORY

**HIGH HOPES** was founded in 1974 by a group of dedicated horsewomen who wanted to bring the benefits of horseback riding to a group of special needs school children. From 1974 to 1990, High Hopes operated in a number of locations in the lower Connecticut River Valley. The impact of therapeutic riding upon the lives of children with special needs attracted more riders and, in the late 1980's, it became clear that High Hopes needed a permanent home. With the gifted leadership of founder Sis Gould and past NARHA President Judith Lightfoot, the High Hopes Board of Directors established the Sis Gould Center for Therapeutic Riding on 125 acres of farmland in scenic Old Lyme. The facility includes both indoor and outdoor arenas, a 21-stall barn, paddocks, round pen, pastures, turnout areas, and private trails.

**HIGH HOPES** has been a member of NARHA since 1976, and was one of the first therapeutic riding centers to become accredited by NARHA in 1979. We are currently one of the few independent Therapeutic Riding Centers approved by NARHA to offer the Instructor Training Course.

**HIGH HOPES** operates year-round. Our Board of Directors comes from the fields of business, education, finance, law, medicine and philanthropy, and includes volunteers and parents of riders. High Hopes is privileged to have a broad base of community support from individuals, as well as educational, government and civic organizations.

## Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE

DAY: \_\_\_\_\_

EVENING: \_\_\_\_\_

FAX: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**Please register me for the following:**  
***Early registration deadline is 3/1/06!***

\_\_\_\_\_ **Saturday, April 22, 2006**  
\$75. (if received BEFORE 3/1/06)  
\$100. (if received AFTER 3/1/06)

**Registration Deadline: April 1, 2006**  
**Refund policy:** Cancellations prior to the registration deadline of 4/1/06 will be refunded for 50% of the total registration fee paid. *No refunds will be granted after 4/1/06.*

**Mail your registration form and fee to:**  
**High Hopes Therapeutic Riding, Inc.**  
**36 Town Woods Road, P.O. Box 254**  
**Old Lyme, CT 06371**  
**860-434-1974**

## DIRECTIONS AND LODGING:

### DIRECTIONS FROM HARTFORD ON I-95 S

After Rocky Hill, take route 9 exit in Cromwell (a left-hand exit) toward Middletown and Old Saybrook. Stay in left lane through Middletown. Take Old Lyme exit off Route 9 (a left hand exit) onto I-95 North.

\*Stay in the right hand lane marked "Old Lyme Exit Only" on the Baldwin Bridge over the Connecticut River. Take exit 70 immediately at the end of the bridge. Turn left at bottom of Exit 70, then right at second traffic light onto Halls Road. Shopping Centers are on either side of the road. At the second traffic light at the end of Halls Road, turn left onto route 1 (Boston Post Road).

\*\*Continue two and one-half miles on Route 1 until you see a CITGO station at Laysville Center on your right. Nearly across from this station turn left onto Town Woods Road beside Rogers Lake. Travel approximately one-half mile on Town Woods Road and turn left at the High Hopes sign.

### FROM NEW YORK/NEW HAVEN ON I-95 N

Follow directions from \* above.

### FROM PROVIDENCE/NEW LONDON ON I-95 S

Take Exit 70 marked "Old Lyme", turn right onto Route 1 and follow directions from \*\*above.

### FROM ROUTE 82 TO ROUTE 156

Travel one mile past Hamburg and turn left onto Bill Hill Road. Take the second left onto Town Woods road and travel one mile. Turn right at High Hopes sign.

The following is a list of hotels in the area:

#### Old Lyme Inn

Phone: 860-434-2600

Rates: \$99-\$185/room

#### Liberty Inn

Phone: 860-388-1777

Rates: \$75-\$85/room

#### Best Value Inn

Phone: 860-739-5462

Rates: \$40-\$140/room

#### Comfort Inn

Phone: 860-395-1414

Rates: \$65-\$95/room

#### Ramada Inn

Phone: 860-739-5483

\$42-\$50 w/ H.Hopes discount

#### Bee and Thistle Inn

Phone: 860-434-1667

Call for current rates

\*\*Please register for specific topics by checking on the line provided.

**Saturday, April 22, 2006**

### 9:00 - 10:00

**Track 1:** Trailering For Dummies – Safety on the Road, How to Hitch, Brake Adjustments, Etc. \_\_\_\_\_

**Track 2:** Hoof Care & The Farrier - Basic Trimming to Corrective Shoeing \_\_\_\_\_

### 10:00 - 11:00

**Track 1:** Building Your First Barn – What You Need For Your Horse(s), Cost, Convenience, Design \_\_\_\_\_

**Track 2:** Equine Chiropractic Care – To Adjust or Not To Adjust? When Chiropractic Care Can Help! \_\_\_\_\_

### 11:00 – 12:00

**Track 1:** Tack/Saddle Fitting – Comfort & Fit For the Horse \_\_\_\_\_

**Track 2:** Equine Dentistry – Age Determination, Maintenance, Problem-Solving \_\_\_\_\_

### 12:00-1:00 Lunch

### 1:00 - 2:00

**Track 1:** Equine First Aid – What to Do Until the Veterinarian Arrives! \_\_\_\_\_

**Track 2:** Equine Acupuncture and Acupressure – Alternative Healing For Your Horse \_\_\_\_\_

### 2:00 - 3:00

**Track 1:** Desensitizing For Equines – Working Through the "Spookies" \_\_\_\_\_

**Track 2:** Imprinting and Basic Training for Your New Equine Arrival \_\_\_\_\_

### 3:00 – 4:00

**Track 1:** Equine Nutrition - Foal to Maturity; Performance Horses vs. Backyard Companion Horses; Special Nutritional Requirements) \_\_\_\_\_

**Track 2:** Equine Ultrasound and X-Ray – Diagnostics, Differentiation & What To Look For, Basics on How To Read Results \_\_\_\_\_