



BOH-PEP and our instructors are certified through the **Professional Association of Therapeutic Horsemanship International**.

BOH-PEP is an **Oakland County 4-H Youth Development, Michigan State University Extension** program sponsored by **Variety, The Children's Charity (Tent 5)** and **Bloomfield Open Hunt Club** which provides the facility and many of our horses to benefit the program.

We are grateful to them and for all the **many volunteers** that make this valuable, impactful program possible.



We invite you to check us out!



To learn more please contact:

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BOH-PEP holds three sessions annually:
Spring, Summer, Fall
Mondays, 6:30pm to 9:00pm at
Bloomfield Open Hunt Club
405 E. Long Lake Road at Kensington Road,
Bloomfield Hills, Michigan 48304.

Bloomfield Open Hunt Proud Equestrian Program



HORSE POWER IS HEALING POWER



BOH-PEP

We aim to provide an environment to support:

- Safety and accomplishment
- Learning, attention and listening skills
- Improved motor coordination and balance
- Core Strengthening
- Improved fine motor skills
- Socialization and group cooperation skills
- Encouragement, laughter & support

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About the BOH-PEP program

The Oakland County 4-H Proud Equestrian Program (PEP) is a therapeutic riding program for people who are mentally and/or physically challenged. It improves physical, social, and emotional needs in a recreational setting.

Families and volunteers share the rider's joy as they accomplish goals and experience success. This shared experience creates a bond among families, their rider, horse and volunteers. This bond we hope lessens the sense of isolation that families often experience.

- **Safety is always our number one concern.**
- **Improved motor coordination and balance:** Riding a horse requires both coordination and balance. Because of this, therapeutic horseback riding improves these areas in students who may otherwise have difficulties due to their disabilities.
- **Core Strengthening:** The movement of the horse at walk replicates the normal human gait of walking.



Who is a good candidate to ride?

- This program is designed for persons with special needs.
- Riders have an evaluation as to their specific needs for optimum benefits of participating in the riding program.
- The age is primarily young children over the age of five, and also open to ages upward.
- A physician's note and recommendation is required.
- Therapeutic horseback riding improves upon the social skills of people with disabilities who may have difficulty interacting with others. This improvement starts with the bond that is naturally built between the individual and the horse during the lessons that are given.
- Horses stimulate the senses in a number of ways that are beneficial for people with certain disorders such as those which fall within the autism spectrum. The rider's vision, hearing, sense of touch, and smell are all simulated by the sounds, smells, and the feel of the horse itself. When the horse is in motion, the stimulation is to the student's tactile senses. This creates both sensory enjoyment and/or appreciation for the act of riding.



“Lessons are designed with the individual rider in mind.”

Under the guidance of our trained instructors, horseback riding provides an excellent form of physical and emotional therapy.

Our main goal is improving our rider's body function through the movement of the horse.

Along the way, our program nurtures an improved self-image for each rider. This is accomplished through reinforcing existing abilities and challenging riders to strive for greater achievement within the scope of each individual. Even the most reluctant rider soon discovers that horseback riding is fun as well as beneficial. Each lesson consists of riding instruction, exercise and games on horseback. Parents of riders are enthusiastic in describing the physical progress and improved self-confidence in their rider. We feel our students truly benefit in mind, body and spirit. **BOH-PEP is NOT just any pony ride!**

