

“ It's hard to imagine what it would have been like if we hadn't tried HETRA. The horse enriches her life in ways we never imagined were possible. ”

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10130 S 222nd Street
Gretna, NE 68028

HETRA.ORG



IT'S NOT JUST A
Pony Ride



HETRA



Meet Katie!



“ Her smile when she gets on the horse is unforgettable, but it isn't just about riding. HETRA's treatment programs have been immensely beneficial. Katie's unique experiences on the horse have been transformative. ”

Katie's Parents



The highlight of Katie's week is coming to HETRA and riding her horse. Thanks to our Physical and Mental Health Therapists, each session is tailored specifically to Katie's emotional, physical and behavioral needs. Focusing on improving her strength and balance, **HETRA has been instrumental in slowing down the progression of Katie's symptoms, something she has not experienced with any other therapies.**

Katie was diagnosed with a rare chromosome disorder at a young age, causing a variety of challenges in her daily life. Being smaller, she has always had to look up at people, but being on the horse gives her a different perspective. It's a level playing field where she doesn't feel small. Additionally, walking is challenging for Katie. Experiencing freedom of movement on the horse has been a **one-of-a-kind experience for her.**

“When Katie started at HETRA, we set goals to improve her posture, range of motion and communication. It has been **incredible** to see the progress she has made over the last two years, overcoming many obstacles and now being able to provide input on the activities she would like to do within her session.”

Renee Anderson, Physical Therapist



“Each session is specifically designed for Katie. Together, we work on fun ways to explore emotions through the use of color. Katie participates in breathing exercises to center her energy, manage emotions, and increase communication.”

Kelly Baulisch, Mental Health Therapist

IT'S NOT JUST A PONY RIDE

The team at HETRA has not only helped Katie in each session, but has also educated others in her life to ensure she is successful wherever she goes. HETRA is truly dedicated to **changing lives one stride at a time.** We invite you to be a part of this transformative care. 2023 has been a difficult year with inflation affecting all aspects of our programming. Your support now more than ever at any level helps others just like Katie, who walk through the HETRA barn doors each and every day.