

# Join the Mission

Your support would play a crucial role in fostering transformative experiences for individuals like Annika. **HETRA's equine-assisted activities not only provide therapeutic benefits but also create a nurturing environment where participants can thrive emotionally and physically.** The bond between the riders and the horses, along with the support from the community, helps to build confidence, enhance social skills, and promote overall well-being. By coming together to support stories like these, we can help transform lives and empower individuals to reach their full potential.

**Together, we can change lives one stride at a time.**



"Annika's team at HETRA helped us transition home by providing measurements for a mounting block that our friends built. They also guided me on how to train her horse for her return." - Annika's mom



## Annika's Journey

Since the age of eight, Annika has had a deep passion for horseback riding. However, her life took a dramatic turn in September 2023 when a tragic accident during her freshman year in college resulted in emergency brain surgery. **In the wake of this challenge, a new goal emerged: getting Annika back in the saddle.**



▲ High school senior portrait in 2022

After relocating to Omaha in March 2024, with the incredible support of her medical professionals, and the collaboration between Quality Living Inc. (QLI) and HETRA, Annika's journey to recovery began. She embraced an intensive therapy regimen from 9 AM to 3 PM daily, relearning vital skills.

During her initial sessions on the Equicizer, a mechanical horse that provided a unique therapeutic experience, Annika achieved her first step in regaining the strength needed to get back on a horse. **For Annika, riding is more than just a hobby: it's her identity.**



## A Sanctuary of Hope

**HETRA provided a piece of home for Annika to help push her through those tough days.** With the support the HETRA team, she rebuilt her strength and regained confidence while preparing to return home and once again ride independently.



Scan to read her full story.



**Taken just six months apart,** these photos highlight HETRA's remarkable impact on Annika's strength and posture, showing that community support can help us **achieve anything despite life's unpredictability.**