

# HORSES FOR HEROES - NEW MEXICO, INC.™

## COWBOY UP!

[www.HorsesforHeroes.org](http://www.HorsesforHeroes.org)

*Working with our horses can help you with:*

Anxiety

Learning to be present and live in the moment

Attain inner peace and calm

Relationship skills

Develop patience

Build confidence

Develop boundaries

Move beyond fear

Learn to trust

Improve communication

Increase energy and vitality

Expand awareness

Working through grief & loss and the soul wounds of war.

More information at [HorsesforHeroes.org](http://HorsesforHeroes.org)