



Equine Dynamics

Horse Inspired Growth - Development - Change

Lets **Top Up Together** this Mental Health Awareness Week -
Nurture your wellbeing alongside our therapy horses - **5 Ways to Wellbeing**

Date: Thursday 9th October

Time: 10-12pm or 1-3pm

Venue: 387 Oropi Gorge Road, Tauranga

RSVP: leanne@equinedynamics.co.nz

Entry: Koha



- **Connect:** Meet our team and therapy horses
- **Learn:** Discover Equine Assisted Therapy and Learning, and hear about our new Acorn Foundation funding
- **Be Active:** Enjoy grooming, interacting and photo opportunities with the horses
- **Take Notice:** Slow down and be present with our gentle herd
- **Give:** Support our fundraiser for the Mental Health

Foundation-scan our QR code for entry, or donate now!

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www.equinedynamics.co.nz