



Jester Park Equestrian Center
11171 NW 103rd Ct, Granger IA

Horses Helping Heroes (H3) is a **FREE** horse-based wellness program open to **Military Veterans and Service Members** in the Des Moines area and nearby counties.

Participants interact with horses to increase trust, decrease stress, build relationships, and find purpose.

H3 is not a riding program.
All activities take place on the ground.

2024 SCHEDULE

CO-ED WEDNESDAYS 6:00 PM - 8:00 PM

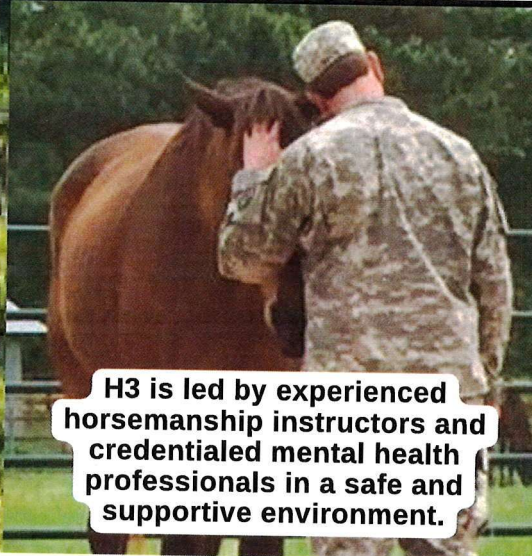
Session 1: Feb 21, 28, March 6, 13, 20, 27

Session 2: May 1, 8, 15, 22, 29, June 5

- To register for Feb/Mar sessions, call (515) 999-2818.
- To register for May/June sessions, call (515) 999-2818 or [reserve online until May 1 \(see website below\)](#). After May 1, phone registration only.
- Bring DD214 to first session.



There is no cost to participants thanks to sponsors including Charles Gabus Automotive, Disabled American Veterans & Prairie Meadows.



H3 is led by experienced horsemanship instructors and credentialed mental health professionals in a safe and supportive environment.



"Peace doesn't always come in long periods. It can come in moments, by interactions, or even when you aren't paying attention."

[Register online - www.JesterParkEC.com](http://www.JesterParkEC.com) (click on Horses Helping Heroes tab)

Questions? Call (515) 999-2818

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Participants will receive the greatest benefit by attending all weeks of the session.