



## MISSION STATEMENT

People & Animal Learning Services, Inc. (PALS) is dedicated to providing high-quality, safe, educational, and fun therapeutic horseback riding, animal care and pet encounter therapy to children and adults with physical, learning, cognitive or emotional disabilities. PALS focuses on ability rather than disability.

## WHO RIDES

- Therapeutic riding lessons are for persons at least four years of age with disabilities, as well as at-risk youth.
- Recreational riding lessons are available for siblings, families, community members and volunteers.

## QUICK FACTS

- PALS is a 501(c)3 nonprofit organization that offers Equine Assisted Activities (EAA) to individuals with special needs.
- EAA can relax spastic muscles, decrease or increase muscle tone, increase strength, stimulate joint and muscle function, elevate cardiovascular and pulmonary output, increase self-esteem and confidence, enhance memory and communication skills, and build positive relationships with people and animals.
- Established in July of 2000, PALS is the only nonprofit EAA program in the greater Bloomington, Indiana, area.
- PALS has provided 10,300 high-quality therapeutic riding lessons, improving the lives of hundreds.
- In 2009 alone, PALS will provide over 1,800 therapeutic riding lessons.
- PALS is the only NARHA Premier Accredited Center in the greater Bloomington, Indiana, region.
- All riding instructors are NARHA Certified in riding techniques, safety, first aid and CPR.
- PALS has 150 weekly volunteers and 11 horses.
- 2009 budget = \$176,588 (85% for program services, 15% for supporting services)

## VOLUNTEER & ACADEMIC OPPORTUNITIES

- Volunteering duties at PALS include being horse leaders, side walkers, or stable managers, and barn maintenance, fundraising, event planning and public relations.
- Internships and service-learning programs are available.
- A 3-credit-hour undergraduate course at Indiana University, Bloomington, is also offered: R250, Introduction to Equine Assisted Activities.

### Questions?

Or if you wish to learn more, contact PALS at:

812.336.2798 office/fax ~ 812.824.3000 barn  
[www.palstherapy.org](http://www.palstherapy.org) ~ [pals@indiana.edu](mailto:pals@indiana.edu)

**Mailing address:** PO Box 1033, Bloomington, IN 47402

**Barn Location:** 680 West That Rd., Bloomington, IN 47403

