



## Maine's Miniature Therapy Horses

### Bringing Comfort, Connection, and Hope to Communities Across Maine

#### ♥ Little Hooves. Mighty Impact.

**About us:** Impact Horse – Connecting Humans & Horses is a federally recognized 501(c)(3) nonprofit organization and public charity based in Kennebunk, Maine, dedicated to enriching lives through equine-assisted wellness, education, and community engagement.

From memory care units and assisted living communities to hospitals, schools, libraries, veteran organizations, and community events, our programs create meaningful opportunities for connection, learning, healing, and joy.

**Mission:** Our mission is to strengthen the bond between humans and horses while increasing access to equine-assisted wellness experiences for people of all ages and abilities.

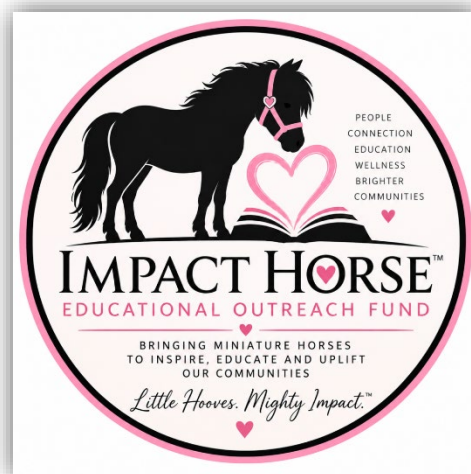
## Our Programs & Services

### Miniature Therapy Horse Visits

Our signature outreach program brings registered miniature therapy horses directly into:

- ♥ Assisted living communities
- ♥ Memory care units
- ♥ Skilled nursing facilities
- ♥ Hospice programs
- ♥ Community Events
- ♥ Veteran organizations
- ♥ Schools
- ♥ Libraries
- ♥ Hospitals and healthcare settings

These visits provide comfort, social connection, emotional support, and opportunities for reminiscence, particularly for older adults living with dementia and Alzheimer's disease.



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## Mini Horse Yoga

A unique wellness experience combining gentle yoga practices with the calming presence of miniature horses. This program is offered in collaboration with Ashley Flowers Yoga.

Participants enjoy:

- Stress reduction
- Mind-body connection
- Relaxation and mindfulness
- Animal-assisted wellness experiences

Perfect for:

- Community groups
- Corporate wellness events
- Retreats
- Fundraisers
- Private gatherings



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## Mini Mindfulness Programs

Our guided mindfulness experiences incorporate miniature horses to encourage participants to slow down, be present, and connect with the world around them focusing on:

- Gratitude
- Emotional wellness
- Self-care
- Stress management
- Mindful observation and connection

Ideal for:

- ♥ Schools
- ♥ Senior living communities
- ♥ Wellness events
- ♥ Community organizations



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## Community Education Programs

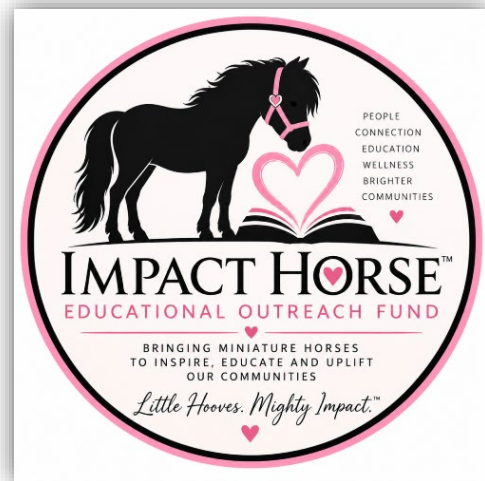
Interactive presentations and hands-on learning experiences designed to educate and inspire.

Topics include:

- Equine behavior and communication
- Animal welfare and advocacy
- The horse-human bond
- Therapy animals and their impact
- Responsible horse ownership
- Gratitude and wellness

Programs can be customized for:

- ♥ Schools
- ♥ Libraries
- ♥ Community organizations
- ♥ Youth groups
- ♥ Educational events & more



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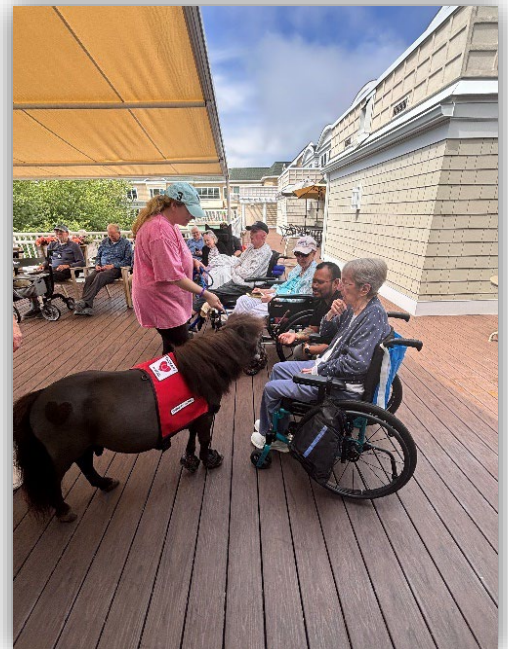
## Senior & Memory Care Wellness Programs

One of our most impactful offerings, these specialized visits serve older adults living in:

- Assisted living communities
- Memory care units
- Skilled nursing facilities
- Adult day programs

Miniature horses frequently spark cherished memories, encourage conversation, reduce feelings of isolation, and create moments of joy and connection.

Staff often observe increased engagement, communication, and emotional well-being during and after visits.



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## Veterans & Community Wellness Initiatives

Impact Horse partners with organizations serving veterans and community members seeking meaningful wellness experiences.

Programs focus on:

- Connection
  - Emotional wellness
  - Stress reduction
  - Community engagement
  - Positive social interaction
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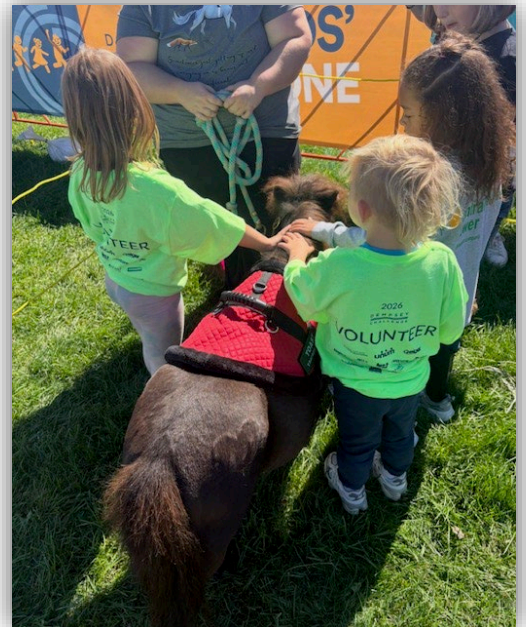
## Community Events & Special Appearances

Our miniature horses are available for:

- Festivals
- Fundraisers
- Corporate events
- Community celebrations
- Nonprofit events
- Educational fairs
- Holiday programs

These visits create memorable interactions while raising awareness about equine-assisted wellness and animal welfare.

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## Meet Our Mini Ambassadors

### Toast

Registered and qualified through the American Miniature Therapy Horse Association, Toast is our experienced therapy horse who brings comfort, smiles, and connection to hundreds of people each year.

### Muffin

Our therapy horse in training. With community support, Muffin will help us expand our outreach and serve even more individuals throughout Maine.

## Why Your Support Matters

Every visit delivers more than a smile.

Your support helps provide:

♡ Mobile miniature therapy horse visits

♡ Equine-assisted wellness programs

♡ Mini Horse Yoga and Mini Mindfulness offerings

♡ Educational outreach programs

♡ Transportation and outreach across Maine

♡ Training, care, and wellness for our miniature horses

♡ Expanded access to underserved communities

Because Impact Horse is volunteer-powered, every donation directly supports programming and horse care.

## Book a Program

Looking for a unique wellness or educational experience for your facility, organization, or event?

Impact Horse offers customized programming for:

- Assisted living communities
- Memory care units
- Healthcare facilities
- Schools and libraries
- Corporate wellness programs
- Community organizations
- Fundraising and special events



- All programs are fully insured and can be tailored to meet your goals and audience.



A miniature horse may only stand a few feet tall, but the hope, comfort, and connection they inspire are immeasurable.

**Contact Us:**



**Impact Horse  
– Connecting  
Humans &  
Horses**

P.O. Box 111  
Kennebunk,  
Maine 04043

*Impact Horse is proudly affiliated with  
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