



FOR IMMEDIATE RELEASE:

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Ladysmith Health Care Auxiliary Sponsors Therapy Horse “Josefa”

Duncan, Vancouver Island, BC,

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On February 16, members of the *Ladysmith Health Care Auxiliary* presented the *Cowichan Therapeutic Riding Association* with a contribution of \$2,600. This funding will be used to sponsor a therapy horse named “Josefa” and will cover the costs associated with her care and feeding for a year.

Josefa is a Norwegian Fjord owned by the *Cowichan Therapeutic Riding Association (CTRA)* and donated to the program by Anita Goodfellow. She stands 15 “hands high” (a hand is a measurement of 4 inches) at the shoulder and is a beautiful mare very characteristic of her breed. Josefa is known for her kind and reliable personality. CTRA Executive Director Anne Muir says of Josefa, “Josefa is a pleasure to work with. She has truly helped shape the lives of many families in the Cowichan Valley.”

The *Ladysmith Health Care Auxiliary* is a long-standing community charity that operates and manages numerous health-related services. The volunteers involved with this organization also actively raise money for community health and wellness programs. The Ladysmith Health Care Auxiliary has sponsored a horse at the *Cowichan Therapeutic Riding Association* since 2000.

CTRA has been providing therapeutic riding and equine-based therapeutic services in the Cowichan Valley since 1986. The program operates year round, serving approximately 100

participants (the majority of which are children) during each of the 6 annual sessions. Horse camps for children with special needs are also offered in the spring and summer.

Therapeutic riding is a proven therapeutic intervention that is recommended for a wide variety of reasons. Physical and developmental benefits are often coupled with positive cognitive, emotional, or behavioral outcomes. CTRA is the only therapeutic riding association in British Columbia accredited at the highest level as a “Training and Accreditation Centre” with the *Canadian Therapeutic Riding Association* (the national governing body for therapeutic riding).

For more information on the *Cowichan Therapeutic Riding Association*, please contact:

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Left to right: Ladysmith Health Care Auxiliary representatives Pam Fraser (Corresponding Secretary) and Irene Telford (President) pose with therapy horse “Josefa” and CTRA Executive Director Anne Muir