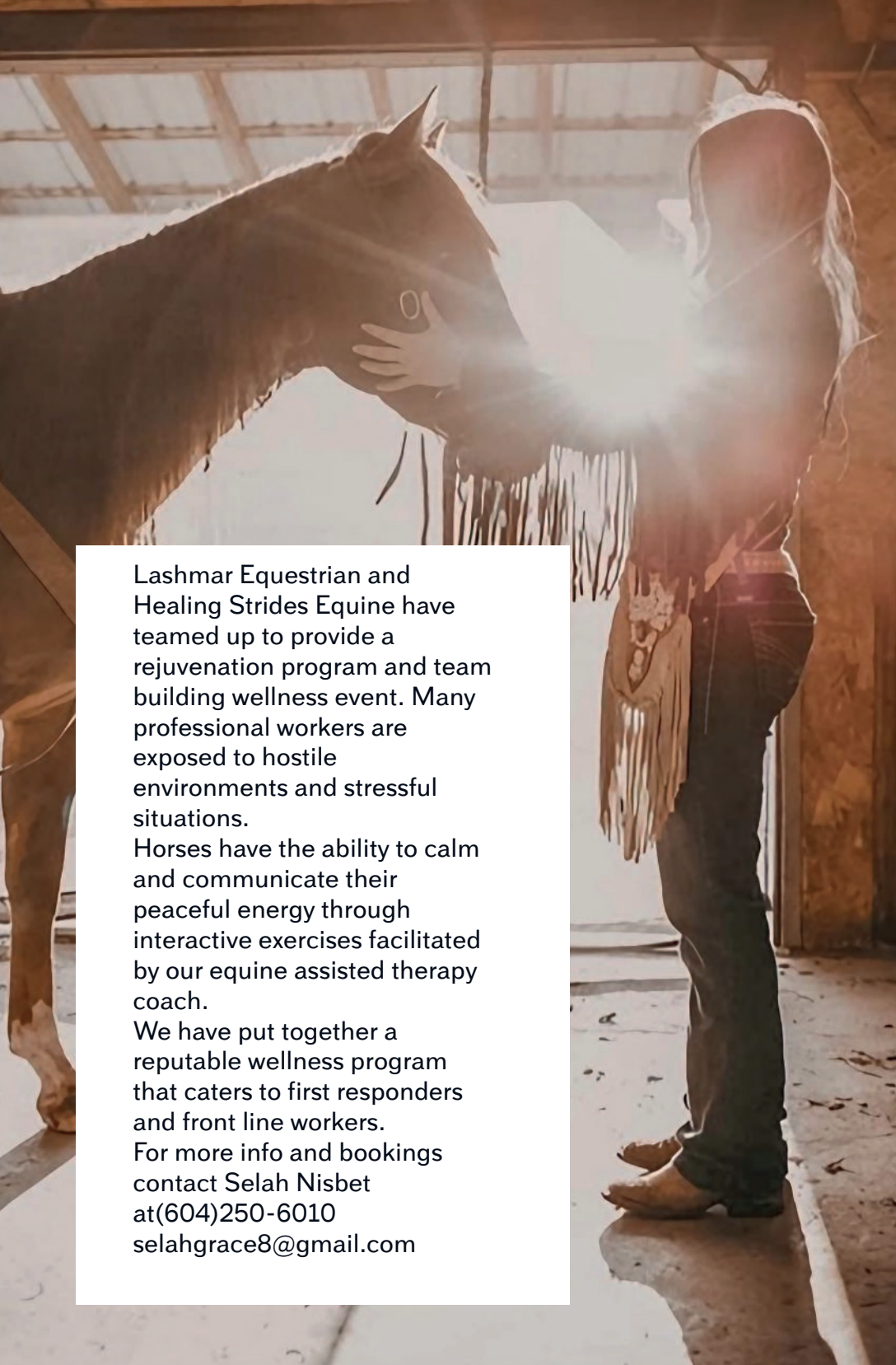


Wellness Days and Team Building Program



Lashmar Equestrian Center



Lashmar Equestrian and Healing Strides Equine have teamed up to provide a rejuvenation program and team building wellness event. Many professional workers are exposed to hostile environments and stressful situations.

Horses have the ability to calm and communicate their peaceful energy through interactive exercises facilitated by our equine assisted therapy coach.

We have put together a reputable wellness program that caters to first responders and front line workers. For more info and bookings contact Selah Nisbet at (604)250-6010 selahgrace8@gmail.com

