

the Guide to FITNESS & HEALTH

FREE
SPRING

FEATURING:

- ▶ What's Happening
- ▶ Exercise & Fitness
- ▶ Health & Beauty
- ▶ Kids & Teens
- ▶ Senior Living
- ▶ Pet Health
- ▶ Medical Community
- ▶ Expert Advice

WAKE WONDERFULLY

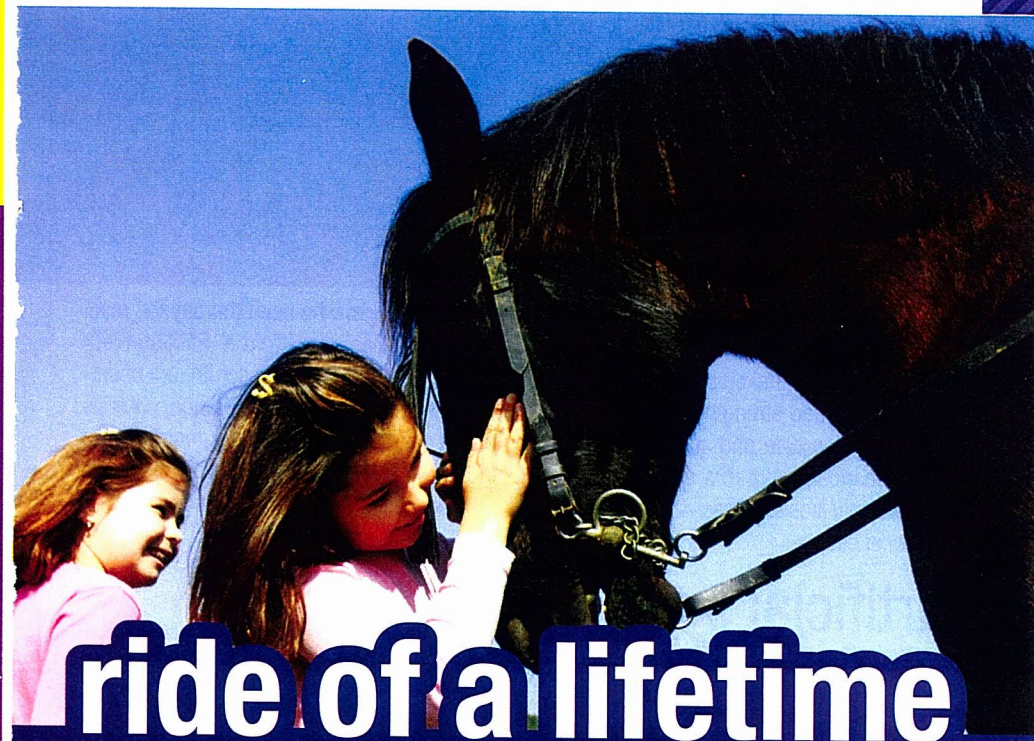
SPRINGTIME SNEEZES

GIRLS ON THE GO

RIDE OF A LIFETIME

2008 HOSPITAL HERO

PET HEALTH
RIDE OF A LIFETIME • DANGEROUS FOR DOGS



ride of a lifetime

Fruition Farm, near Peachtree City, is a lush horse farm that features beautiful gardens, soft pastures and woodland canopies—the perfect place to get away from everyday life and explore a new way of learning with horses. It's there that children and adults learn to live happier, fuller, more meaningful lives through unique programs such as equine assisted psychotherapy and relationship-focused riding lessons.

"We use horses to improve people's lives," says the founder and Executive Director of Flying Change, Lissa Corcoran. The Atlanta-based non-profit organization, Flying Change Equine Therapy, has been partnering horses with people in psychotherapy for over 15 years.

Flying Change is one of the first programs of its kind, and has developed a national reputation for using equine assisted psychotherapy to help individuals, groups and families find new solutions to a broad range of challenges including addiction, eating disorders, depression, ADD, relationship issues. In addition, Flying Change provides equine assisted psychotherapy with abused and at-risk teens to help them heal and thrive.

Equine assisted therapy works well for emotional growth and learning. Because horses are large and powerful, people can overcome fear and develop confidence. More importantly, horses mirror human body language so people have to change themselves to get the horse to respond differently. Horses are social beings with unique personalities