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#### Instructors

Renée Sherrard-Luther, B.S.E.S.  
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American Riding Instructor, Certified  
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Centered Riding, Certified Level III  
Parelli Certified

Mary Hilbert  
NARHA Registered Instructor

## Celebrating 30 Years of Serving the TriState Area

December 12, 2011

Dear Friend,

Freedom Hills Therapeutic Riding Program is a non-profit Equine Facilitated Therapy Program for people who have physical or mental disabilities as well as kids at risk. The program has been helping anyone in need for the past thirty years. I myself benefit from the therapy I receive through the wonderful horses at Freedom Hills.

My name is Krystal Greco and I am a paraplegic. When I first began riding at Freedom Hills I was fifteen years old. I had no movement below my waist. I began to gain movement in my hips and knees after only five months of riding at Freedom Hills. My family, doctors, and physical therapists were overjoyed. Now, just one year later, I am able to move my hips, my knees, and even my toes. Freedom Hills has helped me through many tough times by the interaction with the horses as well as my opportunity to confide in the staff. I once felt I would not be able to recover. Working with everyone at Freedom Hills lifted my spirits and gave me a more positive outlook on my recovery.

I am not the only one who has benefited from the wondrous power of equine facilitated therapy. Many people like me have gained more than just physical recovery. They have gained a sense of freedom and independence. The equine facilitated therapy program at Freedom Hills empowers its riders with the ability to control an animal that is six times the weight and size of a human. The sense of accomplishment and pride the riders feel is just as important as the physical recovery they experience through the program.

As you can see, the Equine Facilitated Therapy Program is a blessing to its riders, but there are many more people still in need of this therapy. Since the program accepts anyone in need, regardless of his or her ability to pay, Freedom Hills struggles to cover all the expenses, such as maintenance, horses' feed, hay, bedding, and routine care.

"Where Freedom Is Just A Ride Over The Hill"

P.O. Box 222 - Port Deposit, MD 21904 - 0222 - (410) 378-3817

[freedomhills.org](http://freedomhills.org)

*Freedom Hills is an equal opportunity system. The system's policies, programs and activities are in conformance with pertinent Federal and State laws and regulations on nondiscrimination regarding race, color, religion, age, national origin, sex, and handicap.*

## Freedom Hills Therapeutic Riding Program

My plea to you is to come alongside Freedom Hills Therapeutic Riding Program so it can continue to offer Equine Facilitated Therapy to everyone in the Tri-State Area in need of this important service. I urge you to support this organization financially as your contributions will help so many.

I pray you will consider this request for a donation. I look forward to hearing from you. If you have any questions or need more information, please email me at [krystal@kgreco.com](mailto:krystal@kgreco.com). You may also reach Renee Luther at (410)378-3817 or [fhtpr@freedomhill.org](mailto:fhtpr@freedomhill.org).

In His Name,

Krystal

Krystal Greco  
Therapeutic Rider and Volunteer

KG:jdj

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