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FOR IMMEDIATE RELEASE

Tuesday, September 3, 2013

**EQUESTRIAN CENTER SEEKS VOLUNTEERS
FOR THERAPEUTIC PROGRAMS**

MIDDLETOWN – Each year the Sunnyside Equestrian Center, Middletown, offers programs that help people with both physical and cognitive disabilities achieve their goals through horseback riding. The experience of riding offers physical, emotional and psychological stimuli that improve balance, muscle tone, posture and more. Volunteers are an essential part of the therapeutic riding lessons, group lessons for children, and special events.

Caring and patient individuals are needed to assist with our fall 2013 therapeutic riding lessons that will run September 21 through November 16 on Mondays-Thursdays from 3-7pm and Saturdays from 9am-1pm. Volunteers must be able to commit to at least one hour of volunteering each week (same day and time every week), be at least 14 years old and be able to walk for at least one hour and jog for short periods of time.

A mandatory volunteer workshop will take place on Saturday, September 7 from 9am-3pm. Pre-registration for the workshop and a fee of \$16 is required. To register for the workshop, please call 732-842-4000, ext. 1, Monday-Friday from 8am-4:30pm, using the program number

V5034A. For questions about becoming a volunteer with our equestrian programs, please call 732-224-1367, ext. 0#.

For more information about Park System programs and events, please visit

www.monmouthcountyparks.com or call 732-842-4000, ext. 4312. For persons with hearing impairment, the TTY/TDD number is 711. The Monmouth County Park System, created in 1960 by the Monmouth County Board of Chosen Freeholders, is Monmouth County's Open Space, Parks, and Recreation agency.