

A NEW ANNUAL EVENT

Women & Horses

A Health and Happiness Seminar

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February 23, 2008, 8:30am to 4pm at the Kentucky Horse Park

GUEST SPEAKERS INCLUDE:

JESSICA BOLLINGER, LCSW: Certified Imago therapist. Jessie holds relationship counseling workshops on her horse farm in Lexington, Kentucky. She'll discuss how to visualize what you want and use positive self-talk to achieve your riding goals.

PATRICIA "P.J." COOKSEY: The second-winningest female jockey of all time. P.J. will share the challenges of her career, how she overcame injuries and breast cancer, and how you too can take charge of your life in overcoming obstacles in the horse industry.

MARY MIDKIFF: Author of *Fitness, Performance and the Female Equestrian* and *She Flies Without Wings: How Horses Touch a Woman's Soul*. Mary will discuss the way riding is affected by anatomical gender differences, and the biomechanics of proper saddle fitting to enhance these differences.

TRACY WALKER: Equine Driving Trainer/Instructor at Kentucky Horse Park. Through a lifetime of training equestrians and equines, Tracy has a sound understanding of effective horse-human communication. She will discuss the importance of the body's balance in all equine experiences.

SANDRA WHITE: Founder of Bethlehem Farm and the Center for Women in Racing, which address the spiritual approach to healing women's emotional wounds through the care of horses. Sandra will discuss how to face the many physical and emotional struggles of our equestrian world.

LISA WYSOCKY: Author of *The Power of Horses* and *My Horse, My Partner: Teamwork on the Ground*. Lisa will go through the steps to create a steady, bombproof horse that respects and trusts you for a lifetime.

The seminar will be followed by a round table discussion with our speakers, led by Kathy Hopkins, Kentucky Horse Park Equine Operation Director

Pre-registration before Feb 12 is \$50, registration through Feb 22 is \$60, or \$65 at the door (Visitor Information Center). \$40 per person for group of 5 or more if pre-paid prior to Feb 23. A box lunch will be available for an additional charge.

FOR MORE INFORMATION CONTACT:

Tracy Walker, 859-259-4262, twalker@kyhorsepark.com or go to www.kyhorsepark.com and click on the "Educational Opportunities" icon.

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