



The healing power
of horses with Karine

Description

Presenting a new episode of the web series for seniors **We're All In This Together**

June 16, 2021



Karine Boucher of Équi-Sens – Image: Bobbi Jo Hart



Travel to the countryside this **Friday, June 18** at 6 pm for the launch of the next episode on **Horse Therapy with Karine. Équi-Sens** is a therapeutic equestrian centre that incorporates horses to support the mental and physical health of people with social integration challenges and/or psychosocial, developmental or physical disabilities.

Serving a clientele from youth and seniors to veterans, Karine and the Équi-Sens team share their passion for the healing power of horses and how everyone can positively benefit from equestrian encounters.

Each bi-weekly episode of the 18-episode web series, directed by Montreal-based award-winning filmmaker **Bobbi Jo Hart**, features entertainment, activities and conversations designed to connect with those in need of support and empathy with a gentle reminder that we are, indeed, all in this together.

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Episodes released so far can easily be found on the **We're All In This Together [YouTube channel](#)** and **[Facebook page](#)** and are available for anyone to enjoy.

This is also a great opportunity to take a moment to assure that the seniors around you can access the Internet so that they can take advantage of all the online resources available to them

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Feature image: courtesy of Équi-Sens

Read also: [other articles about We're All in This Together](#)



Seniors Action Quebec works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.





The **English Language Arts Network (ELAN)** is a meeting place for English-language artists and cultural workers of all disciplines from every region of Quebec, where they can share expertise and resources, build audiences and alliances, seek support, advocate for their interests, and make common cause with the Francophone arts community.



Category

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Tags

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2. horse therapy
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Date Created

June 2021