



Veteran Programming Week of 2/23

Winter Wellness - Maple Syrup Production Tuesday 2/24

Connect to the growing world around you even during the cold winter season! Winter Wellness is an all-abilities friendly workshop series that incorporates nature-focused mindfulness and craft activities using items from our onsite farm. Class will be held primarily indoors with short excursions outdoors during each class, so be sure to bring weather-appropriate shoes and outerwear. Each class will include a take-home item for you to keep that will help you connect to nature throughout the week.

Sign up here: <https://formstack.io/41C9C>

Cooking with Heroes - Wednesday 2/25

Created by military veteran Ellen Adams, a chef and former contestant on the Food Network cooking show "Chopped!" Ellen provides participants the opportunity to learn to prepare a nutritionally complete, cost-efficient and delicious meal using fresh produce, partially sourced from the EquiCenter Farm.

Sign up here! <https://formstack.io/7AE1B>

Open group - Sponsored by Veterans Service Agency Nature Based Therapy Program - Wednesday 2/25, Thursday 2/26 and Friday 2/27

A great way to come and try our programs without the weekly commitment. These groups include hands-on experiences with horses and horticulture, including EquiCenter's Mission Mustang®, nature photography, horsemanship and therapeutic horticulture.

Wednesday 4-6 pm

Thursday 1-3pm

Friday 1-3 PM

Sign up here! <https://formstack.io/ECFBC>

*Interested in 1:1 weekly Mission Mustang or Unmounted horsemanship lessons 1:1 in email email smclaughlin@equicenterny.org