

June 15 2021

Press Release: Horse Therapy with Karine on We're All In This Together, the Web Series for Seniors

Travel with us to the countryside this **Friday, June 18 at 6pm** for the launch of our 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 adults to seniors and 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.

We're All in This Together is a web series designed especially for seniors. 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.** Episodes released so far can easily be found on **YouTube** (Search key words "We're All In This Together Senior Web Series") and **Facebook** (Search "WereAllInThisTogetherQuebec"), and are available for anyone to enjoy.

This is also a great opportunity to take a moment to assure that the seniors around you are able to access the internet, so that they are able to take advantage of all the online resources available to them.

CONTACT

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ABOUT

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.