

Fallbrook Health District Recognition

JULY 2020

REINS Newsletter Summer 2020 | Link: <https://reinsprogram.org/about-us/newsletter/>



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REINS NEWSLETTER

[Click here to read full REINS Newsletter Summer 2020](#)

OUR MISSION
Our mission is to support the physical, mental and emotional health of disabled children and adults with therapeutic horse-related programs.

OUR VISION
REINS will be a leading Therapeutic Riding Center in the United States for our high quality of therapy, continuing education and exploration of new therapy techniques.

Message
FROM THE EXECUTIVE DIRECTOR

To all our REINS friends, family, and supporters,
I am so proud and honored to announce that REINS was selected as a 2019 California Nonprofit of the Year!

There are 52,000 nonprofits in the State of California and 102 were recognized at our State Capitol with REINS being one of them. They honored all of us on California Nonprofits Day with a beautiful luncheon on the lawn of our State Capitol and a VIP tour. It was inspiring to see and hear all the great work of so many nonprofit organizations.

I so wanted to bring everyone with me that has made REINS what it is today. After 35 years of supporting the disabled community, I could not have been more proud to accept this high recognition. To stand on the State Capitol floor with Shauna and receive this award from our State Assemblymember Marie Waldron, was a moment I know we will both never forget. Our community should be so proud of the years we have all spent building this program into what it is today.

Debbie Howard

Special Appreciation to
Fallbrook Regional HEALTH DISTRICT

Legacy of Government... THE COMMUNITY FOUNDATION
LABA Foundation

for going above and beyond to financially support REINS through this pandemic!

reinsprogram.org

DONATE

DONATE

Sign up to receive the REINS Newsletter via email.

Instagram | Link: <https://www.instagram.com/p/CDR1IEfJl9j/>

The Instagram post shows a carousel slide with an infographic. The infographic is titled "Did you know? Kids and teens, ages 6 to 17, need about 60 minutes of physical activity a day." It lists two key points: "Most of it can be moderate activity. Anything that gets the heart beating faster." and "Encourage your kids at least 3 days a week to increase to a more vigorous activity." The infographic includes icons for swimming, walking a dog, dancing, cycling, raking, and wheelchair sports. The logo for Fallbrook Regional Health District is at the bottom.

reinsprogram
REINS Therapeutic Horsemanship Program

reinsprogram Walk. Run. Dance. Play. What's your move? #MoveYourWay 🚲 🏊 🐕 🕺 🚴 🧑‍🦽

At REINS, a student practicing a posting trot on their horse will certainly get their heart rate up, and have so many other benefits too!

Learn more about physical activity for kids with @HealthGov's resources.

Thanks, @fallbrookhealth!

10w

Liked by janellienel and 68 others

JULY 30

Add a comment... Post

Facebook | Link: <https://www.facebook.com/reinsprogram/posts/10156973756110633>

The Facebook post features the same infographic as the Instagram post, alongside a photograph of a young girl in a pink shirt and blue helmet riding a white and brown horse in an outdoor arena. The post includes the text: "Walk. Run. Dance. Play. What's your move? #MoveYourWay" with activity icons, "At REINS, a student practicing a posting trot on their horse will certainly get their heart rate up, and have so many other benefits too!", "Learn more about physical activity for kids with @HealthGov's resources: health.gov/MoveYourWay/Get-Kids-Active", and "Thanks, Fallbrook Regional Health District!".

REINS Therapeutic Horsemanship Program
July 30 · 🌐

Walk. Run. Dance. Play. What's your move? #MoveYourWay 🚲 🏊 🐕 🕺 🚴 🧑‍🦽

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health.gov/MoveYourWay/Get-Kids-Active

Thanks, Fallbrook Regional Health District! 🙌

Help Your Kids Get More Physical Activity
Use this tool to see how your kids can get the ...

Help Your Kids Get More Physical Activity
Use this tool to see how your kids can get the ...

Help Activ
Use ti

476 People Reached 50 Engagements **Boost Post**

9 3 Shares

Like Comment Share

Comment as REINS Therapeutic Horsemanship Program

SEPT 2020

Facebook | Link: <https://www.facebook.com/reinsprogram/posts/10157071731345633>

REINS Therapeutic Horsemanship Program
September 12 · 🌐

Visit <https://www.readysandiego.org> for more helpful tips on how to stay prepared. via [Fallbrook Regional Health District](#)



September is National Preparedness Month

Don't wait, communicate. Make a plan for your family that ensures your safety during an emergency. Ask questions like, "Where will we meet if separated?"

Prepare for disasters now, for peace of mind later. Create a budget that includes a savings plan, and be ready for the unexpected.

Be prepared, not scared. Update your emergency preparedness supply kit. Get the kids involved in building their own kit and explain how it will help them.

Fallbrook Regional HEALTH DISTRICT

751 People Reached 13 Engagements **Boost Post**

8 3 Shares

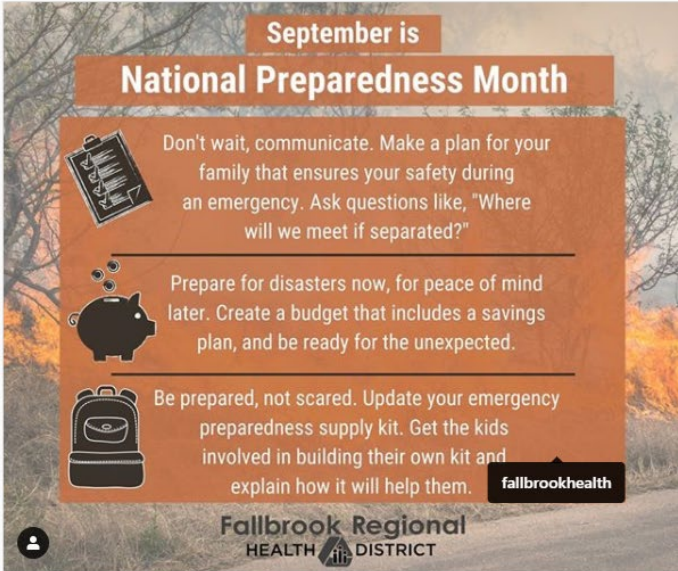
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Fallbrook Regional HEALTH DISTRICT

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reinsprogram Visit <https://www.readysandiego.org> for more helpful tips on how to stay prepared. Fallbrook Regional Health District

4w

Like Comment Share Bookmark

Liked by **janellienel** and 31 others

SEPTEMBER 12

Add a comment... Post