



**Area 17 Training Event**  
**Physiotherapy for your Horse, Rider Fitness and Balance**  
(free to Area 17 Riding Club members only)

**Saturday 25 February 2012**  
**Starting at 10.30 and finishing at 13.00**

**At Braishfield Manor, Braishfield, SO51 0QS**

(from Romsey follow road through Braishfield towards Kings Somborne. Event will be signed BRC from crossroads with Paynes Hay Road / Farley Lane.)

**Presented by Megan Fletcher**  
Chartered Animal Physiotherapist

As well as treating horses, Megan is also a human physiotherapist and before setting up her own business worked at the Army rehabilitation centre at Headley Court. She events up to 2\* level and was the physiotherapist for the CIC\*\* Eventing Team that won the gold medal at the 2011 European Championship.

Megan will be demonstrating a number of exercises that you can do to improve the suppleness of your horse and how you can improve your own fitness and balance. She will then put the two aspects together to look at horse and rider bio-mechanics.

A small number of guinea pig horses and riders will be required.

If you wish to book a place, please complete the tear off slip below and return it to Peter Buist, Silverlea, New Road, Timsbury, Hants, SO51 0NL. Contact Tel: 01794 368061, email: [peterbuist@aol.com](mailto:peterbuist@aol.com) . All applications must be made by Monday 20 February 2012.

Please bring a chair and your own refreshments.

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**Area 17 Physiotherapy Demonstration**

I would like a place on the training event

Name..... Riding Club ..... Membership No .....

Telephone Number ..... Email address .....