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Weekblad/Weekly

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MINI BUILD

- Persoon moet goed kan funksioneer onder druk en goeie mense verhoudinge hê.
- Hoflikheid en netheid noodsaaklik.
- **Werksure:** Weeksdae 7am-5pm asook elke tweede Saterdag 7am-1pm.
- Kennis in boumateriaal en Pastel POS sal voorkeur geniet.
- **Minimum vereistes:** Wiskunde

E-pos CV's na mini@itoffice.co.za of handig in by 89D Ridder Straat Rustenburg



From left: Karen Spies with Liané van Zyl (22 months), enjoying a ride on Boesman.

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Rustenburg – In Touch Therapy provides a unique form of therapy for people of various ages and needs. Horse therapy improves muscle tone, breathing and posture as well as balance, coordination and motor functions.

Anyone struggling with trauma, physical and emotional challenges or who just wants to relax will benefit from this form of therapeutic horse riding. Riders' ages range from a mere 18 months old to sixty-seven.

There are four horses: Blits, Boesman, Kordaat and Shiloh. These horses each has their own distinct personality, ranging from calm and regal to silly and energetic. Boesman has a reputation as a nosy parker. He has lots of energy and patience and also works with disabled children. Kordaat is a beautiful and sensitive creature. Shiloh is good natured and

loves attention, while Blits is a very charming guy who runs like lightning.

In Touch Therapy is a Section 21 company that wants to reach out to people who will benefit from this form of therapy. Sessions cost R500 per month, which includes 1 session per week with a minimum of 30 minutes, but In Touch would like to offer these sessions free of charge for those who need them but cannot afford them.

They would also like to build an activity track, but their equipment and games were stolen 18 months ago and now they have to collect everything from scratch. Another struggle is planting grass, starting a garden and getting the instruments for the activities in place. Anyone who would like to help out or contribute in any way can contact Karen Spies on 084-422 2377 or email karenspies@telkom.co.za

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