## **CU** Giving Back



t Cobalt, we love recognizing the many ways our employees give back to the communities we serve. Our CU Giving Back focus for third quarter shares Aaron's volunteer work at Heartland Equine Therapeutic Riding Academy (HETRA).

HETRA's mission is to improve the quality of life both physically and emotionally of adults and children of all ability levels through equine assisted activities. They provide therapy sessions for all ages and free sessions for active duty military, veterans, and their families. Aaron connected with HETRA after attending their annual Blue Jeans and Dreams fundraiser. At the event, she learned about the profound impact they have on their military clients and people with disabilities. She wanted to be a part of that and help serve her community by becoming a volunteer.

After going through volunteer training and basic horse handling, Aaron's recurring role at the organization is side walking and horse leading for therapy sessions. Although having volunteered for only a year, Aaron has seen firsthand the children's comfort level grow during the therapy sessions as they gain confidence and pride in their abilities while working with the horses. HETRA is an organization that depends heavily on volunteers so being part of a team that enriches the lives of those they serve motivates Aaron to return each week with a smile. Aaron recommends volunteering there and guarantees it to be one of the most rewarding experiences you will ever have.

