



WHITE STAR SHOW STOPPERS HOST WORKSHOPS BY DR. MORGAN WOLIN



Pictured: Dr. Morgan Wolin with Matthew Roberts and Marcia Everett of White Star Stables and the White Star Showstopper Participants

CAVE CREEK, ARIZONA—The White Star youth club, the Show Stoppers, hosted three workshops by the renowned sports psychologist Dr. Morgan Wolin. The workshops were designed for all levels of show riders from the White Star team. Dr. Wolin focused on setting goals, nutrition and fitness, and visualization and preparation for the show ring.

The fees collected from these valuable sessions were donated to the Mitey Riders program, run by Harry and Marilyn Swimmer from Misty Meadows Farm in Weddington, North Carolina. The Mitey Riders therapeutic riding program helps more than seventy children each week. It is the gracious efforts of Harry and Marilyn Swimmer and their staff of more than one-hundred volunteers that allows the lives of so many to be touched in such a positive way. Children in the program ride Wednesdays through Saturdays at the magnificent facility in the Carolina countryside. For more information about the Mitey Riders program or to make a donation, visit www.miteyriders.com.

The White Star Show Stoppers were honored to be able to donate \$700 to this wonderful and worthwhile philanthropy. This donation was made possible by Dr. Morgan Wolin graciously sharing her time and expertise with the riders of White Star Stables.

