

# LIVINGWELL INSTITUTE

Monthly Newsletter  
December 2021



## Live & Learn Wellness Program

Welcoming and nonjudgemental group program with dialogue & discussion. Learn to manage stress, receive encouragement, support, and build connections in the community.

Tuesday's 12-1pm (*free program*)  
20 Valley Rd, Hershey 17033

## Christmas Meal

Join us for a community meal at the LivingWell farm, all ages welcome!

Bring a dish to share, meet new people, and enjoy a sense of gratitude for the many blessings we share together.

Thursday December 9th 6-8pm  
345 Witmer Road, Hershey 17033

## iFIT in 3D

3D Balance mindful movement & stress management class with Kylee Koval helps you learn to release tension in your body, find peace within, and explore your health in body, mind and spirit.

Wednesdays 6-7pm (*free program*)  
20 Valley Rd, Hershey 17033

## 7-WEEK LIFESTYLE PROGRAM

Experience a program that can help you transform and heal from the inside out. Small group sessions with caring and experienced professionals will guide your journey as you learn alongside others.

Gain practical tools for sustaining changes in your mindset, explore new daily activities, and discover a renewed sense of purpose and passion. Cost: \$295 per person (\$500 per couple)

Orientation: January 4th (11am) & 5th (5pm)  
January: 1/20 (7-8:30pm)  
February: 2/5 and 2/19 (10-11:30am) & 2/10 and 2/24 (7-8:30pm)  
March: 3/3 (7-8:30pm) & 3/12 Experiential program (TBD)

