



Monthly Newsletter October 2022



3D Balance Self-Care Class

Gentle stretching class and combined lifestyle education program to align your body, mind and spirit.

Learn how to care for yourself in a new and integrated way.

- Wednesday's 6:30-7:30pm at Hershey Office, 20 Valley Road, Hershey 17033

Please call to confirm your attendance (717) 533-0881



Friends & Family Meal

Join us for a community meal and lawn games activity at the LivingWell Farm, all ages welcome!

Bring a dish to share, meet new people, expand your relationships, and meet and feed the farm animals.

- Tuesday Nov 15th Thanksgiving
- Tuesday Dec 6th Christmas

6-8pm 345 Witmer Road, Hershey 17033



Fall Farm Festival

Join us for a pancake breakfast, hayrides, feeding the animals, pony cart rides, and a trip to a local pumpkin patch in Elizabethtown.

9:30am-12noon Saturday Oct. 22nd

LivingWell Farm 345 Witmer Road, Hershey 17033

Please RSVP by Oct 19 (717) 533-2155

FALL WELLNESS RETREATS & WORKSHOPS

Wellness Workshops: *Reclaim Your Vibrancy*, an Empowerment Series, will be held throughout the month of October. Please RSVP by Oct. 5th. Contact Kristie at 717-585-9606 or Kylee at 717-495-9700 to confirm your spot or for additional information.

Nourish with Kristie: Starting in October *Nourish with Kristie* will begin seeing clients at 20 Valley Rd office Thursday afternoon/evenings. Contact 717-585-9606 for more information and to schedule your appointment with Kristie.

*Reclaim Your
Vibrancy*
AN
EMPOWERMENT SERIES!

