

From our family to yours  
Happy and Healthy 2021!



As together we celebrate a new year and prepare for another trip around the sun, our LivingWell family has much to be grateful for and we are very excited for what is to come in 2023.

For decades many families have been committed to the vision of LivingWell and as we expand our core values remain consistent.

Walk in Truth  
Live in Love  
Be Present in Time

Truth, Love and Time are words to live by and inspire us a life full of adventures and opportunities to learn and grow.

In 2023 we look forward to introducing a Family Care Model in partnership with local and global leaders and are very excited about what comes next. So for those of you who may be looking to be a part of something more, you are always welcome to be a part of LivingWell.

In joy,  
The LivingWell Family

### January Programs

This January we have a showcase of events going on! We are exciting to announce the following events:

#### Friends and Family Pot Luck Dinner

Tuesday Jan 17th  
6pm-8pm @ The Farm,  
345 Witmer Road, Hershey

#### Live & Learn-

Every Tuesday 12-1

@ Office

20 Valley Road, Hershey

Every Thursday

@ St. Pauls, 1201 N.17th St.

Harrisburg

#### 3D Balance class w/ Kylee-

Jan 11th 6:30pm-7:30PM &  
Jan 28th 9am-10am

\*Details to be announced\*



### Harrisburg School District

#### Family Care



LivingWell is excited to expand our services to the Harrisburg community in partnership with the Harrisburg School District with events, programs, and support for individuals and families to Rise Up & Live Well.

We are partnering with community organizations and individuals, who together are creating a Community Resource Alliance, to support the needs of students, families, teachers and staff to improve the learning environment and well-being.

If you are interested in participating please reach out to Steph Eisenbise at [s.eisenbise@livingwellinstitute.net](mailto:s.eisenbise@livingwellinstitute.net)

Nourish With Kristie offers Holistic Nutrition and Muscle Testing Services in 20 Valley Thursday evenings. Call for more info and to schedule an appointment.

We are continuing to offer services by Orazio Chiodo, Manual soft tissue work, myofascial release and much more! Schedule by calling 717.533.0881



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