

LIVINGWELL INSTITUTE

Monthly Newsletter
January 2022



**BIG
JOURNEYS
BEGIN WITH
SMALL
STEPS**



Live & Learn Wellness Program

Group program with dialogue & discussion. Learn to manage stress, gain encouragement, and build connections in the community.

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

1st & 3rd Thursday's 7-8pm (*Free program, starting in February*)

River Exchange location: 150 Calvary Church Road, Wrightsville

Friends & Family Meal

Join us for a community meal 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 January 18th 6-8pm
Tuesday February 15th 6-8pm
Tuesday March 15th 6-8pm

345 Witmer Road, Hershey 17033

LivingWell Fitness

3D Balance: Mindful movement class led by Kylee Koval. Learn to release tension in your body and explore your health in body, mind and spirit.

Wednesdays 6-7pm (*free program*)

BroomStick class: Mobility & range of motion program led by Nate Daughtery.
Saturdays 9-10am (*free program*)

20 Valley Rd, Hershey 17033
Call office to confirm space.

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)

