

SEPTEMBER NEWSLETTER



THIS MONTH'S THEME: CHOOSE CHANGE.....

Change is like stepping onto a path of growth and discovery, where opportunities abound. Just as the leaves transform, let us embrace transformation, whether trying something new, setting fresh goals, or adopting a different perspective. This month, let's navigate the journey of change together, inspired by the beauty of autumn and the promise of new beginnings.

SEPTEMBER NEWS...

3D BALANCE

September 6th, 6-7 pm & 23rd,
9-10 am @
LivingWellCare, 20 Valley Rd,
Hershey



LIVE & LEARN

Live & Learn is back! Join us
every Tuesday starting
September 12th, 12 - 1 pm @
our Hershey office!

CHECK OUT OUR BLOG!

Don't miss out on our updates –
subscribe through our website
and be the first to receive
exclusive insights right in your
inbox.

COMMUNITY BREAKFAST & FOREST WALK

September 16th Breakfast @
LivingWell Farm, 345 Witmer
Rd, Hershey @ 9 am. Walk in
the woods
@ Mt. Gretna to follow

FRIENDS & FAMILY BACKYARD GATHERING

Bring a dish to share!
September 19th, 6-8 PM
LivingWell Farm,
345 Witmer Rd, Hershey

