

April Newsletter



April: New Beginnings

For those who press through the winter season longing for sunny days and the colors of spring to show up, reminding us that the season of something more is here, welcome to a new beginning!

Take the time to stop and smell the flowers, enjoy a walk, and appreciate the beauty of nature.

April is National Stress Awareness Month, so for those who want to improve their well-being and reduce stress, spend some time in the sunshine, take a walk in nature, and find a healthy habit to balance your life and decrease your stress.

If you don't have the discipline to do it on your own - ask a friend to join you! And if that seems too difficult, show up at a LivingWell Community event and we will be happy to help you get started.

Volunteer Recruitment

LivingWell is looking for compassionate and committed volunteers to assist with our community programs and to help to care for those in need of encouragement and support during life's struggles.

Join us at our Friends & Family Night at the farm April 18th to learn more or contact us at the office to explore how you can help contribute to building a stronger and healthier community one person and one family at a time.

20 Valley Road, Hershey PA 17033
(717) 533-0881

April Events

Live & Learn
Tuesdays @ our Hershey
Office 12-1 PM
Thursdays 12-1 PM @ 1201
N 17th St, Harrisburg, PA

3D Balance Class
April 19th 5-6 PM
@ Hershey Office

Friends & Family Night
April 18th 6-8 PM
@ The Farm 345 Witmer
Rd Hershey, PA

NatureRX
Getting the Community
Garden ready!
April 22nd 10-12 PM
(weather dependent ~ call the
office for details)

