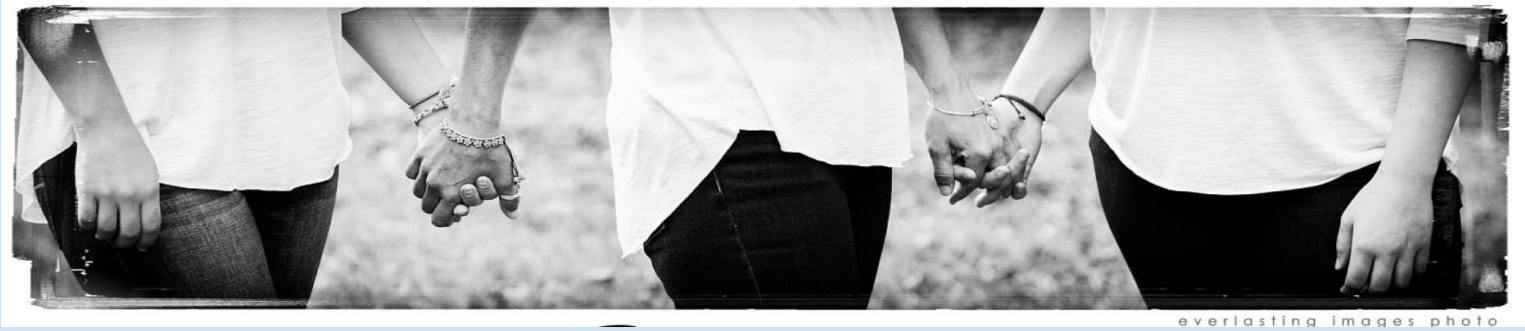
LivingWell INSTITUTE
Mind.Body.Spirit

Discover a new path to health and wholeness. Find creative solutions to life's challenges!



Empowering people to learn to *LiveWell*.

Living in Uncertain times

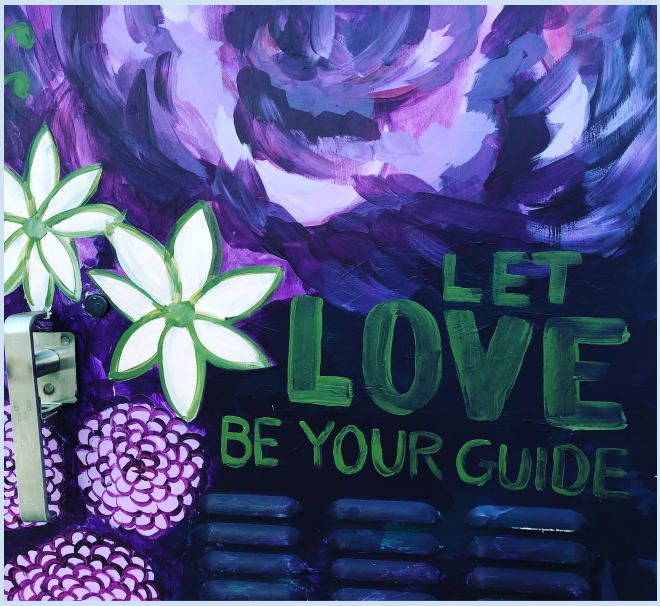
The world around us has changed drastically in the past few weeks. The effects of COVID-19 continue to ripple through our community and the uncertainty can cause fear, anxiety, and stress.

If the only thing constant is change, the question for each of us is: *how will we respond?*

Our commitment at LivingWell is to help people manage their stress and learn to care for their mind, body, and spirit. While this core mission has not changed, how we approach this will look a little bit different from here and provides an opportunity to learn and grow together.

We believe this change can help us become more compassionate, more resilient, and more connected as a community. Our own attitudes, health, and well-being affects those around us both positively and negatively.

This global health crisis has created an opportunity for each of us to choose to focus on what matters the most: ensuring that we take care of our “Whole Person Health”, that we remain committed to sustaining our connection to others in new and creative ways, and that we help others in need.



Community Dialogue On Health and Wholeness

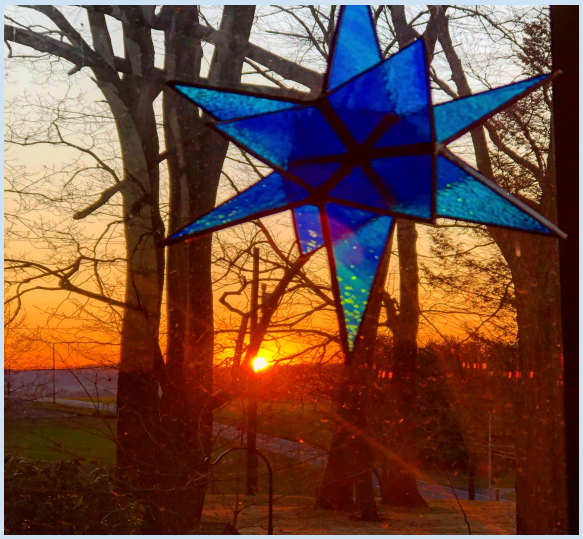
Live Stream Mondays at 7pm and Thursdays at 7am

Join local, regional, and global leaders in the field of health and wholeness for a collaborative and interactive conversation to exchange ideas, build connections, and inspire each other to be the change we want to see in our own lives and the world around us. Click here for the link.

Community Recovery Gathering

Tuesdays at 7:00 PM

Live stream recovery meetings with a “whole person health” approach to addiction recovery. Led by the LivingWell Care Team and recovery experts. Guided discussion in a safe, compassionate, and non-judgemental environment. Interactive dialogue encouraged to help those in recovery from addiction learn new methods of approaching their well-being and explore how to sustain recovery amidst stress and challenges of life. Click here for the link to the program:



Friends and Family Gathering

April 21st 6PM -7:30 PM

Join us for a *virtual* community gathering in that connects each of our homes over a family meal! This is a great way to meet and connect with people of all ages and explore creative ways to extend compassion, inspire one another, and move towards unity.
Invite a friend, cook a delicious food dish and join us for our first virtual Friends and Family gathering! Click here for the link to the program.

Live & Learn

Live Stream Tuesdays at 12:00 PM

Live stream interactive stress management program. Guided discussion with questions and answers from participants. Learn new tools to manage your stress and get creative in exploring how to care for your body, mind, and spirit in these changing times. Be inspired to connect with others, share in their process of transformation, and encourage each other to live well. Click here for the link to the program.

3D Balance Class

Live Stream on Wednesdays at 3:00 PM

Live stream mindful movement and stretching class. Explore how to relieve physical tension and stress in your body, learn new meditation and breathing techniques, and be inspired to care for yourself. ***Free for the month of April!***

Click here for the link to the program.

Check out our Calendar:

Follow us on :

LivingWell Institute is a 501(c)(3) organization. The official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1.800.732.0999. Registration does not imply endorsement.

Questions or comments? E-mail us at
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or call 717-533-0881

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