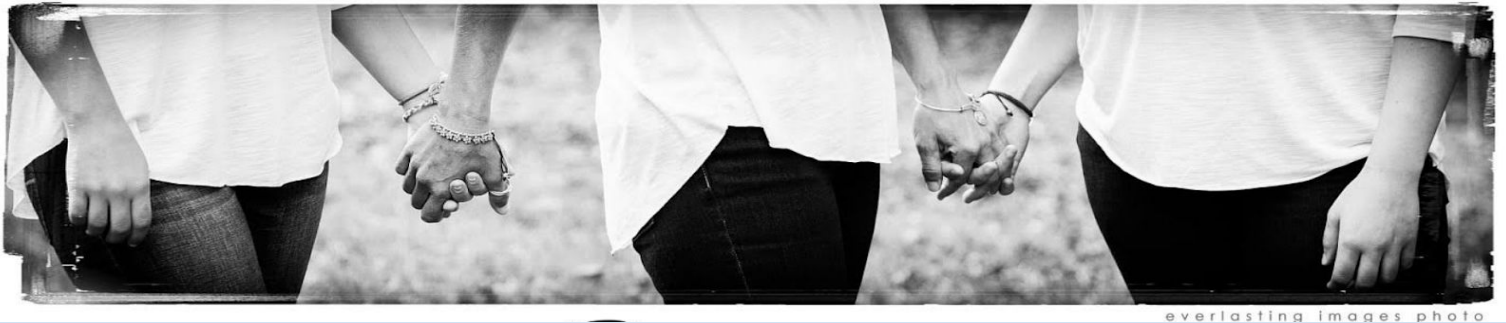




Discover a new path to health and wholeness. Find creative solutions to life challenges!



Empowering people to learn to *LiveWell*.

Families 4 Families

In times of trouble and crisis one of the most beautiful sights is the selfless acts of kindness of neighbors rescuing, giving, and serving each other. This is where the power of love shatters prejudice, boundaries, and fear to shine most brightly.

It is becoming increasingly evident that families today are living in the midst of such a crisis. For this reason LivingWell is launching a "Families 4 Families" Community Care Program. All that is needed is a family with a heart to give love and invest time into a family that is caught in crisis. This will be a six-month commitment that will include one evening of training at our Farm Home in October. If you are willing to make a difference in one family and in our community please call Julie at 717.533.0881 to sign up for our training.



Community Recovery

October 8th and 22nd

Community Recovery Gathering at the Farm (6-8pm). Join us for an evening of community support for anyone on the path to recovery. We'll make a "Group Soup" together in the kitchen - please bring any ingredient for a soup and we'll spend time interacting and cooking in the kitchen.

Live and Learn

Live and Learn is our weekly community program that provides an introduction to the seven steps of LivingWell through facilitated and interactive dialogue and activities. It's held weekly on Tuesdays at noon in the LivingWell Office.

3D Balance

Monday's at 6:00 pm

Learn how mindful movement can relieve stress and tension, physical pain, and increase well-being. Build awareness of connection between mind, body and spirit. Progressive information over 4 weeks, so participants are encouraged to sign up for 4 weeks to embrace a full transformational lifestyle change. \$15 per class/\$50 per month.



NatureRX

October 12 at 10:00 AM

Join us for a renewing of your mind, body and spirit as we gather at 345 Witmer Road and travel together for a walk through the pumpkin patch!!

Please call our office for more information or to let us know you are coming. 717-533-0881

Then we'll eat around the dinner table and share an inspiring program in a safe and loving space to explore how to find balance in mind, body, and spirit and learn to sustain recovery amidst life's challenges.



October 26th at 10:00

Fall Leaves and Seasons of Change

Join us as we walk in the woods at Boyd Big Tree Conservation Area in Harrisburg from 10:00-11:00 AM.
401 Fishing Creek Valley Road
Harrisburg, PA 17112

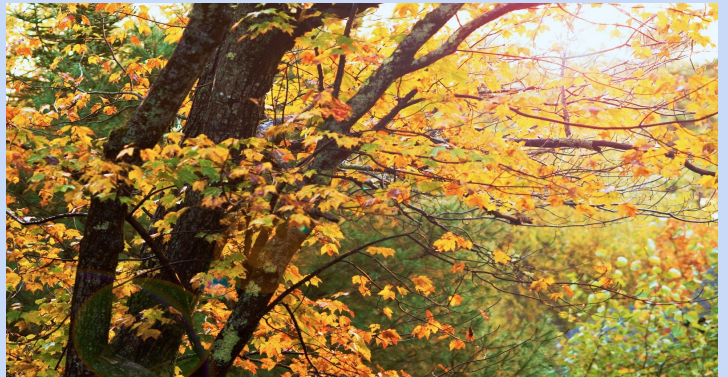
**Friends and Family Night
October 16th from 6:00 - 8pm**

Join us for a community gathering in our comfortable Farm Home located at 345 Witmer Road, Hershey.

A great way to connect with people of all ages around a potluck meal.

Bring a friend and a food dish to share.

Call our office at 717-533-0881 if you have questions.



Room Available

Do you know someone who is looking for a restorative place to live? There is room available at the Farm home for individuals in need of care, rest, and community.
Contact 717-215-9360

Check out our [Calendar](#):

Follow us on :

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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 Info@LivingWellinstitute.net or call 717-533-0881

When you shop at Amazon please consider starting at Amazonsmile and selecting LivingWell Institute as your preferred charity. A percentage of your purchase will be donated to our organization. Start shopping [here!](#)



