

FEBRUARY 1ST, 2023

FEBRUARY NEWSLETTER

LivingWell Institute



iLove Campaign

EACH YEAR IN FEBRUARY WE INVITE OUR COMMUNITY TO DIG DEEP AND EXPLORE WHAT LOVE MEANS TO YOU AND DISCOVERED A RENEWED CAPACITY TO LOVE YOURSELF AND OTHERS. AS HUMANS WE ALL HAVE A DESIRE TO GIVE AND RECEIVE LOVE. THROUGHOUT OUR LIVES WE EXPERIENCE UPS AND DOWNS, PAIN AND DISAPPOINTMENT, JOYS AND SORROWS, ALL OF WHICH CHALLENGE OUR ABILITY TO DO THIS SUCCESSFULLY.

CHECK OUT OUR SOCIAL MEDIAS TO FOLLOW ALONG AND SEE WHAT OUR TEAM LOVES.

@LIVINGWELLINSTITUTE



FEBRUARY EVENTS

LIVE AND LEARN

TUESDAYS 12-1 @ 20 VALLEY
ROAD, HERSHEY

THURSDAYS @ ST. PAULS 1201 N
17TH ST. HARRISBURG.

FRIENDS AND FAMILY MEAL

FEB 21ST 6-8 PM

@ THE FARM

345 WITMER RD. HERSHEY

3D BALANCE IN PARTNERSHIP

WITH COMMUNITY YOGA

1423 N 3RD ST, HARRISBURG

FEB 9TH- 9:15-10:15 AM

FEB 17TH- 5:30-6:30 PM

CONTACT OUR OFFICES FOR MORE INFO

717.533.0881